HEALING HERBS OF ANATOLIA

Traditional Uses & Remedies

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Latin : Ficus Carica

English : Fig

SHORT HISTORY OF USAGE

The edible fig is one of the first plants that were cultivated by humans. Nine subfossil figs of a parthenocarpic type dating to about 9400–9200 BC were found in the early Neolithic village Gilgal I (in the Jordan Valley, 13 km north of Jericho). The find predates the domestication of wheat, barley, and legumes, and may thus be the first known instance of agriculture. It is proposed that they may have been planted and cultivated intentionally, one thousand years before the next crops were domesticated (wheat and rye).1

Figs were also a common food source for the Romans. Cato the Elder, in his De Agri Cultura, lists several strains of figs grown at the time he wrote his handbook: the Mariscan, African, Herculanean, Saguntine, and the black Tellana.2

HABITAT AND CULTIVATION

The Common Fig is widely grown for its edible fruit throughout its natural range in Iran and Pakistan, and also in the rest of the Mediterranean region and other areas of the world with a similar climate, including Louisiana, California, Oregon, Texas, and Washington in the United States, Nuevo León and Coahuila in northeastern Mexico, as well as Australia, Chile, and South Africa.Fig can also be found in continental climate with hot summer, as north as Hungary, and can be picked twice or thrice per year. Thousands of cultivars, most unnamed, have been developed or come into existence as human migration brought the fig to many places outside its natural range. It has been an important food crop for thousands of years, and was also thought to be highly beneficial in the diet.3 Commonly referred to as a fruit, the fig fruit is actually the flower of the tree, known as an inflorescence (an arrangement of multiple flowers), multiple fruit in which the flowers and seeds grow together to form a single mass. The genus Dorstenia, also in the fig's family (Moraceae), exhibits similar tiny

1 en.wikipedie.org 14.07.2009 20:30

2 same source 14.07.2009 21:30

3 www.ezberim.com 18.07.2009 14:30

flowers arranged on a receptacle but in this case the receptacle is a more or less flat, open surface. The flower is not visible, as it blooms inside the fruit. The small orifice (ostiole) visible on the middle fruit is a narrow passage, which allows a very specialized wasp, the fig wasp, to enter the fruit and pollinate the flower, where after the fruit grows seeds.

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Figs are one of the highest plant sources of calcium and fiber. According to USDA data for the Mission variety, dried figs are richest in fiber, copper, manganese, magnesium, potassium, calcium, and vitamin K, relative to human needs. They have smaller amounts of many other nutrients. Figs have a laxative effect and contain many antioxidants. They are good source of flavonoids and polyphenols. In one study, a 40-gram portion of dried figs (two medium size figs) produced a significant increase in plasma antioxidant capacity.1

GOOD CHEMICALS

Figs are one of the highest plant sources of calcium and fiber.According to USDA data fort he Mission variety,dried frigs are richest in fiber,copper,magnesium,potassium,calcium andvitamin K,relative to human needs.they have smaller amounts of many other nutrients.Figs have laxative effect and contain many antioxidants.They are good source of flavonids and polyphenols2.

1 www.solaceae.com 18.07.2009 15:30

2 www.bioline.com 18.07.2009 16:00

KEY ACTIONS

Figs can strengthen the body. Improves mental power.Stimulates the digestive system.Comforts stomach.Allows the intestines to work regularly.To treat malaria disease.Milk is boiled with figs,the good comes hoarseness.İncome is a good poultice for burns and swelling.

A lot of fig plant races are used decoratively: like the rubberplant and the ficus benjamina; Dried figs contain a lot of sugar, about 60%. It is thought that that was the reason why Plato advised Greek athletes to eat many figs. The white juice that drips out of the fruit if the the stalk has been broken off is called latex. It was supposed to represent the universal energy and was used as a remedy against infertility and to incite the breast feeding process.

Each fig cultivar has different shaped leafs;Dried figs consist for about 60% of sugar, contain a lot of vitamins and it is said that humans could live on figs alone.1

KEY CONSTITUENTS

Fresh Fig Value 74kcal calori,3g lif,0g oil,16g sugar,vitamin A 142,Vitamin C 2,vitamin B1 0.1,vitamin B2 0.1,phosporus 232,sodium 1,potassium 232,magnesium 17,fe 0.4,copper 0.1,selenium 0.2,zinc 0.2 protein 1Dried fig value 249kcal calori,10g lif,1g oil,48g sugar,vitamin A 10,vitamin C 1.2,vitamin B1 0.1,vitamin B2 0.1,phosporus 67,sodium 10,potassium 680,magnesium 68,mangonese 0.8,fe 3.07,copper 0.3,selenium 0.6,zinc 0.3,protein 3.2

CLINICAL RESEARCHES

New Jersey Rutger University carried out by research, the dried figs that are included in the omega-3, omega-6, fatty acids and fitosterd.

California Fig Advisory Board by nature is most nearly perfect fruit is mentioned as figs,fruit of the oldest known to humankind,even though it was rediscovered by food producers.Because of high nutritional value that the health benefits this fruit is important.3

1 www.ilahi-tr.org 18.07.2009 18:00

2 www.ezberim.com 18.07.2009 18:15

3 www.ezberim.com 18.07.2009 18:15

TRADITINAL CURRENT USAGE

In the Book of Genesis in the Bible, Adam and Eve clad themselves with fig leaves (Genesis 3:7) after eating the "forbidden fruit" from the Tree of Knowledge of Good and Evil. Likewise, fig leaves, or depictions of fig leaves, have long been used to cover the of nude figures in painting and sculpture. Often these fig leaves were added by art collectors or exhibitors long after the original work was completed. The use of the fig leaf as a protector of modesty or shield of some kind has entered the language.

The biblical quote "each man under his own vine and fig tree" (1 Kings 4:25) has been used to denote peace and prosperity. It was commonly quoted to refer to the life that would be led by settlers in the American West, and was used by Theodor Herzl in his depiction of the future Jewish Homeland.

It has been important food crop for thousand of years,and was also thought to be highly beneficial in the diet.It is related common drying is shape of food since Turks have known Middle Assian.Nomadic life required drying food. Current, figs can be eaten fresh or died, and used in jam-making or diet medicine.

Fig: soft sweet fruit, full of small seeds and often eaten dried. Fresh figs are delicious and often jam and chutney is made from them. The skin of figs is very thin and ripe figs can't be kept or transported very well. As figs have to be picked when ripe you only can eat them fresh in the country oforigin. In the warm countries the figs are dried for export and storage.1

PART USED AND SOLVENT

Using part of fig are fruit and milk.2

KEY PREPARATION THEIR USAGE AND WARNING

Fig is not used generally as a medicine.But fig comparison diet tables.Fruits of fig is boiled in 5minute two tablespoonin the 0.5 liter water.In day,it used one glass before the food.The plant has not got side effect. Over usage reason lazy of digestion.3

1 www.telifhakları.com 19.07.2009 12:00

2 www.bahcevan.com 19.07.2009 13:00

3 en.wikipedia.com 19.07.2009 13:27

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1.en.wikipedie.org

3.www.solaceae.com

4.www.bioline.com

MISTLETOE

Latin : Viscum Album

Englisch : Mistletoe

SHORT HISTORY AND USAGE

The well-known mistletoe is an evergreenparasitic plant,growing on the branches of trees,where it forms pendent busches,2 to 5 feet in diameter.It will grow and has been found on almost any decidious tree,preferring those with soft bark,and being, perhaps,commonest an old apple trees,though it is frequently found on the Ash,Howthorn,Lime and other trees.On the oak,it grows very seldom.It has been found on the cedar of lebonan and on the larch, but very rarely on the pear tree.when one of the familiar sticky berries of the mistletoe comes into contatct with the bark of a tree,after a few days it sends foth a thread-like root,flattened at the extremity like the probascis of a fly.This finally pierces the bark and roots itself firmly in the growwing wood,from which it has the power of selecting and appropriating to its own use,such juices as are fitted for its sustenance:the wood of mistletoe has been found to contain twice as much potash,and five times as much phosporic acid as the wood of the foster tree.Mistletoe is true parasite for at no period does it derive nourishment from the soil or from decayed bark like some of the fungi do-all its nourishment is obtained from its hast.the root becomes woody and thick.

HABITAT AND CULTIVATION

Te stem is yellowish and smooth,freely forked,seperating when dead into bone-like joints.The leaves are tongue shaped broader towards the edn,1 to 3 inches long,very thick and leathery,of a dull yellow gren colour, arranged in threes, in close short Spikes or clusters in the forks of the branches an done of two varieties, the male and female occuring on different plants.Neither male nor female flowers have a corolla ,the parts of the fructification springing from the yelloeish calyx.They open in may.The fruit is a glaloular,smooth,white berry,ripening in december.Mistletoe is found throughout Europe and in this country is particularly common in Herefordshire and Worcestershire.In Scotland it is almost unknown.Mistletoe is always produced by seed and can not be cultivated in the earth like other plants,hence the ancient considered it to be an excrescence of the tree.In Britany,where

the mistletoe grows so abundantly,the plant is called HERBE DE LA CROIX, because,according to an old legend,the cross was made from its wood,on accaunt of which it was degraded to be parasite.

KEY CONSTITUENTS

Mistletoe contains:

Musilage

Sugar

A fixed oil

Resin

An odorous priciple

Som etamin

Various salts.

The active part of the plant is the resin,viscin, which by fermentation becomes a yellowish,sticky,resinous mass,which can be used with success as a birdlime.The preparations ordinarily used are a fluid extract and the powdered leaves .A homoepathic tincture is prepared with spirit from equal quantities of the leaves and ripe berries, but is difficult of manufacture,owing to the viscidity of the sap.

KEY ACTIONS

Mistletoe is chiefly used to lower blood pressure and heratrate,ease anxiety and promote sleep.In low doses it can also relieve panic attacks and headaches and also improves the ağabeylity to concentrate.The leaves and young twigs contain several medically active compaunds.They are:

Antispasmodic

Cardiac cytostatic

Diureric

Hypotensive

Narcotic

Nevrine stimulant

Tonic

Vasodilator 1

Mistletoe has a reputation for curing epilepsy and otherconvulsive nervous disorder.And also used as a diuretic and antimicrobial agent.Extracts produced from mistletoe as well as certain isolated components are able to stimulate different functions of the immune system.Nervine,antispasmodic,tonic,narkotic.Has a great reputation for curing the 'Falling Sichness' epilepsy and other convulsive nervous disorders.It has also been employed in checking internal haemorrhage.Mistletoe was considered of a great curative power in epilepsy.Sir John Colbatch published in 1720 apamplet on the treatment of epilepsy by mistletoe, regarding it as a spesific for this disease.He procured the parasite from the lime trees at Hampton Court and recommended the powdered leaves,as much as wolud lie on a six pence ,to be given in black cherry water every morning.He was followed in this treatment by others who have testified to its efficacy as a tonic in nervous disorders,considerin it the spesific herb for St.Vitus's Dance.This herb has been used:

In convilsion delirum

Hysteria

Neuralgia

Nervous debility

Urinary disorders

Heart disease and msny other complaints arising from a weakened and disordered state of the nervous system.Ray also greatly extolled mistletoe as a spesific in epilepsy and useful in apoplexy and giddiness.The older writers recommended it for sterility.

1 www.herriettesherbal.com 25.08.2009 12.00

CLINICAL RESEARCHES

Researches from the department of urology ,universty of Essen ,Germany conducted a trial to assess the effects of subcetaneous mistletoe lectin on bladder tumor recurrence following transurethral tumor resection (TUR)(1).Forty-five patients with early-stage noninvasive moderately to well differetiated bladder carnicoma (ta,grade 1-2) maneged with TUR during a 3 year period were included.Median age 65 years an 33 patients(73%) were male.The study was randomly divided into a treatment group receiving therapy with mistletoe lectin starting two weeks later transurethral resection,1 ML twice weekly for 3 months,followed by 3 months off,then second 3 month treatmentcycle.Clinical follow-up was assessed up to 18 months after the initial resection ,including urethrocystoscopy.Baseline patient characteristics were described as being similar groups, including a similar total number of previous tumors(mean 2.6 and 2.9 respectively),number of primary lesions(14 and 12),and number of recurrent tumors (8 and 11).Details of nuclear p53 were not provided.After 18 months of follow up,no statiscally significant difference were reported between groups in recurrence-free in terval or inthe total number of recurrences.

Bacterically fermented mistletoe preparations (BFMP) were tested on rat hepatoma tissue culture(HTC) cells and human leukemia molt 4 cells.A dose dependant inhibition of the growth rate of the cells was observed, for both cell lines,cytostatic concentrations,expressed in weight of fresh plant,were 0,5 m/ml culture medium for oak bacterically fermented mistletoe preparations and 1 mg/ml for apple tree bacterically fermented mistletoe preparations .However the actions of the two preparations was markedly different on the each cell line.Non-viable HTC cells were not stained by blue while non-viable molt 4 cells were fulluy coloured by this reagent.Cellular membranes of HTC cells was observed by election microscopy.furthermore,oak bacterically fermented mistletoe preparations inhibited the growth of virus transformed 3T3-SV4O cells more than that of non-transformed 3T3 cells.In contrast to bacterically fermented mistletoe preparations,non-fermented extracts and a purified mistletoe lectin showed a greater inhibition of the growth of molt 4 cells than HTC cells.samples withdrawn at different times during fermentation gradually lost their inhibitory 1effect on the growth of molt 4 cells while their action on HTC cells increased up to the 4th day of fermentation.These results are discussed in relation to the cytotoxic substances of mistletoe already characterized.

Extracts of mistletoe have been widely used as adjuvant chemoterapy in human cancer for many years. Their therapeutically active molecules are lectin components comprising lectin-1,lectin-2,lectin-3.Incubation of different cell lines with lectins result in cell death associated with typical apoptotic alterations such as cell shrinhage,chromotin condensation and internucleasomal DNA cleauage.Recent studies show that apoptasis is essentially controlled by a family of conserved proteases,called caspaves,that are currently considered the central executioners of many apoptotic pathways.In mammalian cells,at least 12 different member exist,they are initiator and effector caspases.Effector caspases cleave and inactiviate DNA repair enzyme poly ADP-ribase polymerase(PARP) and structural protins of the nukleus and cytoskeleton such as lamins,gas2,gelsolin and fodrin,survival proteins such as protein kinase and then cause cell death.The destuctive mechanism of mistletoe lectins on tumor cells are mediated by the activation of C-JUN N-terminal kinase(JNK).However little is known about the mechanism of apoptosis induced by mistletoe lectin,eventhough there is convincing evidence that lectin-mediated anticancer properties are due to an activation of apoptotic processes.

TRADITIONAL AND CURRENT USAGE

The ancient Druids of northern Europe and other pagan groups revered mistletoe,particularly when it infected oak trees(a rare occurance).Over time,this reverence of mistletoe was translated into the christian ritual of hanging mistletoe over doorways at Christmas.The custom of kissing under the mistletoe may be remnant of pagan orgies held before mistletoe altars or connected with the plant's legendary power to increase fertility. Mistletoe has been used taditionally in folk medicine to lower blood pressure ,cholesterol and also used as a diuretic an antimicrobial agent.Extracts produced from mistletoe as well as ceratin isolated components are able to stimulate different functions of the immune system.The natural killer cells have beeb sugested as a candidate for direct tumour cell destrustion.In 1920,Rudolf Steiner(1861-1925) created what is known as anthroposophical medicine.This mystical system used a variety of unusual remedies including special extracts of mistletoe for injection.Steiner helped bring mistletoe into the modern era of scientific research,particularly in regards to it's potential to help people with cancer (preventing or overcoming tumor growth) and improving the defence mechanism of the immune system.Today extracts from the plant are used in cancer therapy. Mistletoe extracts have been shown to possess significant antitumor activity, against murine tumors,Lewis lung carnicoma,colon adenocarnicoma 35 and C3H mammory adenocarnicoma 16/C. Mistletoe treatment can stabilize quality of life and therefore may help patients to improve their overall survival and to exert immuneprotection in cancer patients under tumor destructive therapy.A

surprising fact abaout mistletoe is that it not only acts succesfulluy against cencer cells,but also stimulates the whole body defences which means that it fights the pain of cancer.In fact, there's no other substance that combines both principles.Medicines composed of mistletoe are the only known the papeutic substances that produce the stimulation of immunodefences.Other uses included treatment of:

Internal bleeding

Convulsion

Gout

Hysteria

Whooping cough

1Asthma

Dizziness

Loss of menstrual cycle

Diarrhea

Chorea(rapid, jerky movements)

Rapid heartbeat.

Because of its calming effects mistletoe is used as a tranqulizer for various nervous conditions and for the treatment of mental and phsical exhaustion.It also used as long term therapy to prevent hardening of the arteries.

KEY PREPARATION, USAGE AND WARNINGS

Besides the dried leaves being given powdered or as an infusion or made into a tincture with spirits of wine ,a decoction may be made by boiling 2OZ of the bruised gren plant with ½ pint of water giving 1 tablespoonful for a dose several times a day 10 to 60 grains of the powder may be taken as a dose and homoepathists give 5 to 10 drops of tincture with 1 or 2 table spoonfull of cold water.Mistletoe is also given combined with valerian roor

1 www.naturalstandard.com 25.08.2009 12.32

and vervain for all kinds of nervous complaints, cayennepads being added in cases of debility of the digestive organs.

Great caution is advised when taking mistletoe .It is very powerful herb and it should be used only under direction of a qualified health care practitioner.Pregnant and nursing women should not use mistletoe nor should people with heart problem sor these who take MAO inhibitors for depression if eaten .Don't take mistletoe if you have:

Tuberculosis

Aids

Hyperthroidism

An inflammatory disease

Brain or spinal cord tumors.

Call your doctor right away if you have any of the following side-effects:

Low or high blood pressure

Fainting

Seizures

Change in eyesight

Hallucinations

Diarrhea

Nausea or vomiting.

Ther have been reports of chills,fever,heada1che, allergy and thus if there is itching,tightness in your throat or chest pain ,stop takin mistletoe.

There may be interactions with mistletoe and prescription antihypertensives,antiarrhythmics due to its negative property.The physiological effect of the plant is to lessen and temporarily benumb such nervous action as is reflected to distant organs

1 www.botanical.com 25.08.2009 12.48

of the body from some central organ which is actual seat of touble.In this way the spasm of epilepsy and of other convulsive distempers are allayed.Large doses of plan tor of its berries,would,on the contrary aggravate these convulsive disorders.young children have been attacked with convulsion after eating freely of the berries.

PART USED AND SOLVANT

The leaves and young twigs,collected just befoer the berries form and dried in the same manner as described for Holly.

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1 www.botanical.com 25.08.2009 13.00

DODDER

Latin : Cuscuta Epithymum

English : Dodder

Turkish : Veremotu

HABITAT AND CULTIVATION

It is the most famous species of cuscuta family. A member of the cuscutaceae family, species of cuscuta are found almost everywhere in the world. Cuscuta is more often called ‘dodder’ in english-speaking countries. Other names include hellweed, devil’s gut, beggarweed, strongle tare,scaldweed,dodder of tymeGreater and lesser dodder… In Chinese, cuscuta seeds are called ‘’tu zu si’’.1

It is a parasitic plant. Cuscuta hasn’t got chlorophyll. So that it can not make its own food by photosynthesis. Instead, it gows on other plants. It uses their nutrients for its growth and weakens the host plant. It is a leafless plant. It branchs stems ranging in thickness from thread-like flaments to heavy cords. Its seeds germinate like other seeds. Its stems begin to grow and attach themselves to nearby host plants. When they are firmly attached toa host, the cuscuta root withers away! Its flowers emit on remarably sweet perfume , that isespecially pronounced twards evening.2 Seed-best sown as soon as it is ripe in the autumn. Sometimes a form is seen in which the red pigment is lacking, thus the stems are dull yellow colour. Agriculturalists consider that cuscuta is a destructive weed and attempt to eradicate it. It parasitizes wild and cultivated plants, and is especially destructive to such commercially valuable crops.

Vegetables	Ornamentals
Asparagus	chrysanthemum

1 www.healthline.com/galecontent/cuscuta?utm-term=dodder&utm-medium 19.07.09 01.00

2 www.pfaf.org/database/plantsphp?cuscuta+epithymum 19.07.2009 00:30

Beet	english ivy
Carrot	fennel
Egglant	impatiens
Garlic	marjoram
Melons	mint
Onion	morningglory
Pepper	periwinkle
Potato	petunia
Sweet potato	summer savory
Tomato1	

KEY CONSTITUENTS

It can grow annual to 1m. It is hardy to zone 0. It is in flower from June to Octber. The flowers are hermaphrodite 2 . And they pollinated by Bees.The plant is self-fertile. The plant prefers light,medium and heavy soils, requires well-drained soil and can grow in nutritionally poor soil. The plant prefers acid and neutral soils and can grow in very acid soil. It can grow in semi-shade or no shade. It requires moist soil.3

SHORT HISTORY OF USAGE

In traditional Chinese medicine, cuscuta sees have been used for thousands of years. The seeds are described as having a neutral nature and a pungent, sweet taste. They are associated the kidneys and liver anda re often used in formulas that help balance both yin and yang deficiencies, depending on the patient's condition. Specifially, cuscuta seeds are used in conjunction with other herbs to treat a wide range of conditions, ranging from impotence,premature ejaculation and frequent urination,to blurred vision and dry eyes.

1 www.ipm.ucdavis.edu/PMG/PESTNOTES/pn7496.html 19.07.2009 19:07

2 It means ''have both male and female organs''

3 www.pfaf.org/database/plantsphp?cuscuta+epithymum 19.07.2009 00:45

Because of its ability to reduce the lost of fluids from the body, cuscuta was once considered a ''longevity herb''.1

KEY ACTIONS

Dodder is considered to be a valuable though little used herbal remedy that supports the liver, being used for problems affecting the liver and gallbladder.The whole plant is antibilious,appetizer, carminative, cholagogue, mildy diutic, hepatic,laxative and antiscorbutic. A decoction of the stems is used in the treatment of urinary complaints, kidney, spleen and liver disorders, jaundice,sciatica and scorbutic complaints. It also has a reputation as an anticancer agent and as a specific for gout. The plant should not be used by anyone suffering from haemorrhoids.And finally a homeopathic remedy is made from the plant. It is very important for medicin.Because the metod of homeopathic very useful. ıt means ''the treatment of disease by giving very small amounts of a drug that would cause the disease if given in large amounts.2

KEY PREPARATIONS

In Western herbalism, the entire thread-like stems of cuscuta are used. They are boiled in water along with such herbs as ginger and allspice to make a decoction. In Chinese herbalism, only the seeds are used.they almost always used in combination with other herbs. Typically, herbalists recommend a patient take between 9-15 grams of cuscuta seed, but this dosage can vary, depending on the condition being treated.

SIDE EFFECTS

There arent any reports of advese effects associated with cuscuta,provided the herb is used in the doses normally prescribed. As of this writing,there are no known drug interactions with cuscuta seeds.3

1 www.acupunturetoday.com/herbcentral/cuscuta.php 19.07.2009 20:15

2 STEEL Miranda, Oxford wordpower / Dictionary of Learners of English /2000

3 www.acupuntertoday.com/herbcentral/cuscuta.php 18.07.2009 23.40

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CRAMP BARK

Latin : Vibirnum Opulus

English : Cramp Bark

Turkish : Meşe Gülü

Short History

Cramp bark, which is from Discapales(rubiales)team, Caprifoliaceae(honeysuckle) family, is also named as Coulder Rose, European Cranberrybush.In Seljuk and Ottoman times, this plant is named 'Roses Ebru' because of its beauty in the bloom period. And the name of this plant change language to language. It has become gileburu , gilaboru , gilaburu , in Kayseri region ;girabogulu in Konya region ;and gili gili in Tunceli and Black Sea region.1

The Latin name of cramp bark is vibirnum opulus. In abroad the first name ,that was given to vibirnum opulus, is vibirune. Because there is nostrum and purporting in this plant.2

Habitat Cultivation

This handsome , local and small tree grows in low , rich lands , woods and border of fields. In the nothern part of the United States and Canada , it is flowering in june and it has a very showy apperarance in this time. In spring cramp bark's flowers are green. Then it becomes red and acid berries in time . Cramp bark protects its colour during the winter.3

Cramp bark grows edge of forests and region ,where forests are sparse. It likes water edge and damp places. The leaves are mutual and cross. Cramp bark is sometimesin a bush appearance, is sometimes a small tree reaching up to four meters in lenght. Flowers are present as an umbrella. There are the sterile around the bunch of flowers and the other flowers are the fertile.4

1http://www.cinetarim.com.tr/dergi/arsiv46/arastirma02.htm 08.07.2009 16:53

2 http://www.henriettesherbal.com/eclectic/kings/viburnum-opul.html 17.07.2009 18:52

3 Same source

4 http://www.dogaltedavi.net/gilaboru_schneball_vibirnum_opulus–267.html 08.07.2009 16:53

Cramp bark is a rabidly growing and multi year plant. Its high can vary between 1.3 meters and 3.5 meters. Plant begins planting after three years and can live 300 years thanks to the exile of bottom. The tickness of the shell ,in which a gray-brown colour, is 3-5 metres and there are small stamps on it. Inner face of the shell is yellowish brown .The dark green leaves are 5-10 cm long. The bright red fruits mature in sommer and is approximately 8 mm diameter .The 30-40 fruits,which are thin shelled,single-core, without abdominal cleft, form a bunch. The thin and flat shell is found to be attached to the fruit. Some features of fruit are approximately as follows : Fruit maintains the tickness of shell 62 , one 11% of the pink coloured , shiny and smooth , the kernel weight of 0050-0060 g , widht 7.15 mm , lenght 9.5 mm, a thickness of 1.9 mm and volume in 0042 ml.Cramp bark plants keep 15.32 %of fruit, fruit yield per tree is up to the 8.4 kg. Cramp bark can give each year at the same rate of productivity.

Growing of cramp bark is suitable for hot and dry winters , cold and snowy continental climate. In our country crampbark can grow first to Kayseri ; Bursa , Sakarya , Ankara, Tokat, Sivas, Maraş, Kırşehir. Cramp bark, which likes soil, which is rich from organic matter, needs abundant water to develop and needs sun to give high quality fruit. After 15-20 days plants are harvested and their leaves are spilled for the rest.

In late automn fruits are collected by using knife or scissors , and wash with water and wait three mounths in a container, which is filled with water. At the end of this period fruits mature and come to taste. Then to obtain fruit juice, fruits are preessed and before consumption fruit juice is diluted with water and it is ready for drinking.1

Key Constituents and Good Chemicals

Active components of cramp bark are arbutin , metilarbutin , skopoletin and tannin . Also cramp bark contains vitamin k, isovalerionic acid and saline. Valerie acid gives a smell to cramp bark. Cramp bark fruit is used as well as paint and ink industry. Cramp bark contains in its potassium 2473.80 mg/kg ; sodium is 402.62 mg/kg .

There is sterols in the core of the cramp bark’s fruit. It is determined that the core of cramp bark contains asportikacid, treo, cool, glutamic acid , prolin, glisin, alanine, izolösin , tirozin, fenilanin, histidin, arjinin, lisin and a total of 15 different amino acids.2

1 http://www.cinetarim.com.tr/dergi/arsiv46/arastirma02.htm 08.07.200916:53

2 http://www.cinetarim.com.tr/dergi/arsiv46/arastirma02.htm 08.07.2009 16:53

Cramp bark contains also elements of aluminum, calsium, chronim, cobalt, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, sodium, tin and zinc.1

Key Actions

It is identified that galactose, arabi-noz and ramnoz in cramp bark have an stimulant affect on immune system. They are efeective in fagozotik index and peritonal lizozomal.2

The other usage areas of cramp bark ;

Kidney ; All types of kidney stones are calcium salt, which does not dissolve in water. Because a drug is not found to solve formation of this salt, physicians try to melt this stone with sound wawes or laser etc.These methods give extreme pains to the patients and has lasting side-effects. Cramp bark annihilate the kidney stone not by physical fragmentation, it annihilate by chemical dissolution. So patients don't feel pains.Reverse the process formation of stone, stone melt completely and chemical substances are discarded. In a week 1 cures (8 kg) cramp bark can melt 6-8 mm kidney stone. Cramp bark is also good for some kind of kidney laziness and cysts.

Note ; Cramp bark can not break the kidney stone which are very hard.This risk is about 1-2% rate

Prostate ; Cramp bark, with features of widening urinary channel, allow bladder easy emptying. It reduces frequency to go toilet in night and day.

Women's Health ;Cramp bark is effective against the diffuculty and unorder of menstruation. It will be used for specific kramp, ovaries, and uterus muscle disorders. It is used in miscarriage status / risk.Due to the regulation of veins width, it reduce excessive bleeding in mensturation and menopause.

Heart/Blood Pressure ; Cramp bark has an effect, which to regulate veins width, to reinforce heart, to relax muscle and skeletal system. It reduces muscle tension and hinders spasm. In some cases may help migraine.

Urine Road Dieases ; Cramp bark cleans the inflammation of urine channels. It opens narrows in urine channels and it is effective for urinary difficulty.

1 http://www.answers.com/topic/cramp-bark 17.07.2009 18:52

2http://www.cinetarim.com.tr/dergi/arsiv46/arastirma02.htm 08.07.2009 16:53

Cramp bark is used most of diseaes such as epilepsy, mumps and insomnia. It treats also some of the liver and gall bladder diseaes.1

Chemical Research and Side Effect

There is no clinical researches or treatment trials in the university. Therefore , according to current information, cramp bark is a second class healing plant. The other plants can be use instead of cramp bark. For example, against unorder menstruation, chaste tree or muffin are more effective than cramp bark. But in Harward Medicine School in USA a research has been contiuning about the effect of cramp bark on reducing cancer.

Cramp bark must be mature otherwise it can cause poisoning. After the first snow fall , cramp bark can be eaten or its water is squezed.2

Cramp bark is safe for both short and long term use. There are not any side effects. But nause, vomiting and diarrhea can be seen when it is taken in large doses (60 drops or more taken hourly) Howewer pregnant women and women, who are lactating (breast-feeding), should consult a physician.3

Traditional and Current Usage

Cramp bark, which grows greatly in central Anatolia Region of our country, are consumed in winter mounths by local people as fruit and fruit juice.4 In April-May period, shells of young branches peel, cut fine and dry in the shade. Also fruit of cramp bark can make pickle.5

Part Used and Solvent

Shells and fruits of cramp bark are used.

Key Preparations, Their Usage and Warning

Cramp bark, which takes from water, is crushed with a stainer or colonder. Drinking water are added in water of fruit and the patient drink this mixture within 24 hours. The taste of cramp bark is sour. So it is difficult for patient to drink it. If he can not drink, he can sweeten it with little sugar.

1http://www.kayseriliyim.com/kayseri/gilaboru.php 08.07.2009 16:53

2 http://www.doğaltedavi.net/gilaboru_schneball_vibirnum_opulus-267html 08.07.2009 16:53

3 http://www.answers.com/topic/cramp-bark 17.07.2009 18:52

4 http://www.cinetarim.com.tr/dergi/arsiv46/arastirma02.htm 08.07.2009 16:53

5http://www.kayseriliyim.com/kayseri/gilaboru.php 08.07.2009 16:53

The branch of cramp bark is also used. A half teaspoon thin chopped shell is added to a medium-sized cup, which is full of water .It is heated 10-15 minutes and is filtered.

The use of cramp bark should not be spread in time. It should be used as intense. (for a day at least 1 kg cramp bark) Cramp bark must protect in a cool place.

Cramp bark can cause allargic reactions on some people, who are allergic to Aspirin. If cramp bark is not mature , it can be poisonious.1

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1.http://www.cinetarim.com.tr/dergi/arsiv46/arastirma02.htm

2.http://www.dogaltedavi.net/gilaboru_schneball_vibirnum_opulus–267.html

3.http://www.answers.com/topic/cramp-bark

4.http://www.kayseriliyim.com/kayseri/gilaboru.php

5.http://www.henriettesherbal.com/eclectic/kings/viburnum-opul.html

1 http://www.kayseriliyim.com/kayseri/gilaboru.php 08.07.2009 16:53

SAW PALMETTO

Latin : SABAL SERRULATA

Turkish : SAW PALMETTO

English : CUCE PALMIYE

HISTORY1

The saw palmetto was a staple food of the Native American population in the southeastern United States. . Historically, saw palmetto was taken with nettle root and pumpkin seeds. . .

During the late nineteenth century an interest in saw palmetto developed when its positive effect on livestock was observed. saw palmetto was used as a treatment for enlarged prostate, cystitis, gonorrhea and irritation of the mucous membranes

However, the use of saw palmetto as a medicinal herb continued in Europe. Currently the use of herbal alternatives for the treatment of BPH is very common there.

In the United States SPE has seen a recent resurgence for the treatment of many "male-oriented" disorders such as impotence, hair loss, poor libido, and enlargement of the prostate.

However, saw palmetto extract has not been approved by the FDA for any medicinal use in the USA

HABITAT2

Two formsa are recognized. The common type is gren-yellow in color while the less common type is gren-blue color sometimes referred to as the silverform.

Saw palmetto occurs in every county of Florida. It’s common throughout the Indian River Lagoon Area in both acrub and upland community.

1 http://altmed.creighton.edu/sawpalmetto/history.htm 21/08/09 23:44

2 http://davesgarden.com/guides/Ppf/go 22/08/09 19:07

Maximum growth of the established trees ocur during the summer rainy season when up to 80% of unnual production is accomplished from April through October.

Three to seven leaves produced each year and these may remain on the tre efor as long as 2 yers. It's leaves may measure 1m in width.

KEY CONSTITUENTS1

The fruits of saw palmetto are highly enriched with fatty acids and phytosterols and extracts of the fruits have been the subject of intensive research fort he treatment of urinary tract infections.

KEY ACTION2

Saw palmetto is a remarkable herb for both men and woman and is used by natural health practitioners totreat avariety of ailments such as testicular inflammation, urinary tract inflammation, coughs and respiratory congestion.

It's used to strengthen the thyroid gland, balance the metobolism, stimulate appetite and aid digestion.

This wonderful herb is becoming famous for its uses in hair restoration, prostate healt, sexual vigour, breast enhancement and as a nutritive tonic.

Saw palmetto berry also tones the urethra and it may be used to uphold the healty function of the thyroid gland and urinary system.

CHEMICAL RESEARCH3

The exact mechanism of action, active ingredient, and clinical effectiveness of Saw Palmetto Extract are not completely known. However, recent research has shed some light on the many aspects of the extract and its use

In the June 1998 edition of the journal Urology, Gerber et al. reported their work in assessing the effects of saw palmetto on voiding symptoms and urodynamic parameters in men with lower urinary tract symptoms. Individuals in this study who were taking SPE reported a definite improvement in symptoms.

1 http://en.wikipedia.org/wiki/serenoa 22/08/09 19:00

2 http:/www.herbwisdom.com/herb-sawpalmetto.html 22/08/09 15:59

3 http://altmed.creighton.edu//sawpalmetto/scientific_review.htm 21/08/09 13:11

In the February 1999 edition of the journal Prostate, Goepel et al. reported their work on identifying the mechanism of action of Saw Palmetto. According to their research SPE acts as an inhibitor of alpha-1 adrenergic receptors much like the drug Tamlusozin.

In March of 2002, Wilt et al. performed a systematic review of literature to assess the effects of SPE in the treatment of LUTS consistent with BPH.

CURRENT USAGE1

The use of saw palmetto in the treatment of BPH has not been customary in the US. This is largely due to the fact that conclusive trials were unavailable to prove its effectiveness versus more conventional therapies.

Current treatment strategies for BPH are dependent on the severity of the patient's symptoms. Patients with mild disease benefit most from conservative monitoring. If symptoms progress, patients may receive medical therapy for their symptoms

The strategies of medical therapy include inhibition of DHT production within the prostate and blocking of alpha-1 adrenergic receptors in the urethra and the neck of the bladder. Below are some examples of medications used to treat BPH.

Patients with more severe disease are treated with more aggressive therapies.

The use of plants and herbs for medicinal purposes represents nearly 50% of medications dispensed for BPH in Italy and is a first line therapy for mild to moderate obstructive symptoms in Germany, representing >90% of drugs prescribed for BPH.

SOLVENT2

The ripe fruits of saw palmetto is used in several forms, including ground and dried fruit or whole berries. It is avaible as a liquid extract, tablets capsule, and as an infusion or tea.

CURRENT USAGE3

1 http://altmed.creighton.edu//sawpalmetto/prostate_htm 21/08/09 13:19

2 http://www.naturalstandard.com 21/05/09 17:21

3 http://altmed.creighton.edu//sawpalmetto/prostate_htm 21/08/09 13:19

The prostate weighs only a few grams at birth but undergoes two different growth cycles during the lifespan of the average male. First at puberty the prostate undergoes androgen-mediated growth and reaches approximately 20g by age 20.

Currently there are no known adverse effects of SPE. In one study gastrointestinal distress was reported with some participants but this decreased as the study progressed. This can be minimized by taking saw palmetto with food.

Currently in Germany the effective dose is suggested to be 320 mg daily of SPE standardized to contain 85-95% of the liposterolic content.

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PURSLANE

Latin : Portulaca Oleracea

English : Purslane

Turkish : Semizotu

SHORT HISTORY

Scientific Classification

Kingdom: Plantae

Division: Magnoliophyta

Class: Magnaliopsido

Order: Caryophyllales

Family: Portulacaceae

Genus: Portulaca

Species: P.oleracea1

Portulaca oleracea is known common as purslane, also known as Verdolaga, Pigweed, Little Hogweed or Pusley. It has an extensive old-world distrubition extending from North Africa through the Middle East and the Indian Subcontinent to Malesia and Australia.

Portulaca oleracea is a polyploid complex plant species found in areas that receive summer rain. In its tetraploid and hexaploid subspecies this plant appears as one of the eight common weeds in the world.2

HABITAT

This common, introduced ‘’weed’’ comes to us from India or the Middle East but is a close relative of several less common native plants. Rooting easily from cut stems and with

1 http://tr.wikipedia.org/wiki/semizotu 15.08.2009 21:30

2 http://en.wikipedia.org/wiki/semizotu 15.08.2009 21:43

the ability to mature the seeds even after the plant has been pulled it is a difficult plant to remove from gardens.1

Good for poor, dry soils where many other plants struggle.

Problems: No serious insect or disease problems. Watch for aphids. Crown rot aphids. Crown rot many ocur. In poorly, drained soils.2

Portulaca oleracea (common purslane, also known as Verdolaga, Pigweed, Little Hogweed or Pusley) is an annual succulent in the family Portulacaceae, which can reach 40 cm in height. About 40 varieties are currently cultivated. It has an extensive old-world distrubition extending from North Africa through the Middle East and the Indian Subcontinent to Malesia and Australia. The species Status in the New World is uncertain: It is generally considered an exotic weed however there is evidence that reached. North America in the pre-Columbian era. It is naturalised elsewhere and in some regions is considered an invasive weed. It has smooth, reddish, mostly prostrate stems and alternate leaves clustered at stem joints and ends. The yellow flowers have five regular parts and one up to 6 mm wide. The flowers appear depending upon raintall and may occur year round. The flowers open singly at the center of the leaf cluster for only a few hours on sunny mornings. Seeds are formed in a tiny pod, which opens, when the seeds are ready. Purslane has a taproot with fibrous secondary roots and is able to tolerate poor, compacted soils and drought.3

Purslane is an annual plant. Its stem is 100 cm in height and fleshy. Stems are scarlet. Leaves are fleshy and generally underpart is red. Petals are yellow. A plant breeds on an average of 10.000 seeds. Seeds spread with water, wind and sowing machines. Seeds are enable to germinate in dark for 19 years. Purslane germinates in June, when the ground heat reaches 20- 25 °C. Purslane flowers since July to September .4

KEY CONSTITUENTS

Purslane is rich of vitamins. It consists of sorrel and because of this a bit sourish.5

It consists of Omega 3 fatty acids. 100 gram of a fresh purslane consists of 300 and 400 mg lindenic acid. A cup of boiled leaves of purslane consists of 93 mg calcium, 561 mg potassium and more than 2.000 Vitamin A,

1	http://2bn+hewild.com/plants/H186.htm	15.08.2009 21:50
2	http://www.mobot.org/gardeninghelp/plantfinder/plant.asp?code=A603	15.08.2009 21:55
3	http://en.wikipedia.org/wiki/portulaca_oleracea	15.08.2009 22:23
4	http://www.2forum.net/bitki_dünyasi/portulaca_oleracea_semizotu_potulak_206804.html	15.08.2009 22:33
5	http://bitkisel.mutlupartner.net/r_s_harfli_bitkiler/556_semiz_otu	15.08.2009 22:45

Energy Level	42 kl
Carbonhydrate	1 gr
Protein	1 gr
Fat	0.2 gr
Vitamin C	20 mg
Caroten	1.70 mg
Vitamin B1	0.06 mg
Vitamin B2	0.04 mg
Calcium	130 mg
Iron	3 mg

1

KEY ACTIONS

It is beneficial to gastrointestinal bleeding and leptospiral urine. It disinfects the blood. It makes body cool. It causes to cease the thirsty of diabetics and it is diuretic. It kils the constipation and be beneficial to lose weight. It diminishes complaints of splenetics. It is beneficial for insomnia, nervousness and mental fatigue. It masscuite relaxes burnt and abscess.2

Purslane is known as an excellent source of vitamins A, C and E and the essential amino acids. Reports describe purslane as a ‘’power food of the future ‘’ because of its high nutritive and antioxidant properties purslane leaves contain Omega 3 fatty acid which regulate the body’s metabolic activities. Purslane herb is known to have one of the highest known concentrations of Omega 3 fatty acid in any plant. The stems of purslane herb are known to be high in Vitamin C.

Therapeutic uses:

Purslane is used in various parts of the world to treat burns, headaches, stomach, intenstinal and liver ailments, cough, shortness of breath and arthritis. Purslane herb presents a wide variety of therapeutic uses and each part of the herb is consumable and beneficial.

1 http://tr.wikipedia.org/wiki/semizotu 15.08.2009 22:45

2 http://bitkisel.mutlupartner.net/r_s_harfli_bitkiler/556_semiz_otu 15.08.2009 22:55

Purslane herb has also been used as a purgative, cardiac tonic, emollient, muscle, relaxant and in anti-inflammatory and diuretic treatments.1

Experts suggest to eat purslane salad to their patients for treatment of Parkinson. It disinfects the blood.2

It is good for headache and eye, treats warts. It prevents to get rid of bile and reduces the sexual desire. This plant relieves menstruation and causes to cease metrodynia; It is beneficial to leptospial hemorrhoid papilla.3

CLINICAL RESEARCH

Today, too many homeowners and gardeners, purslane is simply an invasive, pervasive, and ubiquitous weed, but modern medical research has found that purslane is five times richer in Omega 3 fatty acids than spinach, and is high in Vitamin 3.

In addition recent studies suggest that Omega 3 may have positive effects on the brain and may aid in such conditions as depression, biopolar disorder, Alzheimer's disease, autism, schizophenia, attention deficit disorder, hyperactivity and migranes.

There is no side-effekt. But if it is eaten so much, it causes catarac.4

TRADITIONAL USAGE

Widely used in Greece, archeobotanical finds are common at many prehistoric sites. In historic contexts, seeds have been retrieved from a protogeometric layer in Kastanas, as well as from the Samian Heraion dating to 7th century BC.5

In ancient Greece, Hippocrates, Galenus and Dioscurides regarded purslane as ana important medicinal herb for treatment of fever, female disorders, stomach aches, hemorrhoids and fort he heeling of wounds. The 17th century monk Agapius Landus regarded purslane as a 'cold'herb and prescribed a fresh garden salad, made with purslane, basil, rocket, cress, and garlic to those suffering ''the common cold''.6

1	www.wikipedia.org/semizotu/	15.08.2009 23:11
2	http://www.tumgazeteler.com/?a=4315778	15.08.2009 23:14
3	http://www.tumgazeteler.com/?a=5098075	15.08.2009 23:37
4	http://greekfood.about.com/od/herbsspices/p/purslane.htm	15.08.2009 23:38
5	http://en.wikipedia.org/purslane/purslane.htm	15.08.2009 23:43
6	http://greekfood.about.com/od/herbsspices/p/purslane.htm	15.08.2009 23:58

Purslane in the USA, is considered a herbaceous weed. It is be found growing wild and/or cultivated in much of the world. It existed in the New World before the arrivel of Columbus, and was found in Europa by the late 16th century.1

Purslane is used as a medicine in Greek popular Medicine for bowel obstruction, urinary system and inflammation. Purslane, common in areas of India, is known as ‘’Santhi’’, ’’Punarva’’, and ‘’Kulfa’’. Purslane is known as liver tonic in North India and used for treatment of cardiac diseases. Fresh herb is used to treat the pains of bug and snake stings and wounds on skin, too.2

PARTS USED

Small round leaves of purslane herb and fresh stems are eaten. This parts are cooked, boiled.3

Its sap is more beneficial rather than its other parts.4

KEY PREPARATIONS

Purslane is a vegetable, leaves of which is used in meals as salad or cooked as spinach. Purslane is known as an invasive herb in some countries like USA and isn’t used in meals. Against this it is eaten lovely in Asia and Europa because of its salty taste. It diminishes warts. If purslane is mixed with wine and hair is washed with this, it treats the inflamed wounds in skin. It treats eye aches. But if it is consumed so much, it causes catarac.5

Its sap stops bleeding because of astringent action. It is beneficial for stomach inflammation. If it is used as sirop or plaster, it is beneficial for liver inflammation. When purslane herb is browned and eaten, it treats diarrhoea.6

1	www.delange.org/purslane/puslane.htm	16.08.2009 00:02
2	http://en.wikipedia.org/wiki/portulaca_oleracea	16.08.2009 00:10
3	http://bitkisel.mutlupartner.net/r_s_harfli_bitkiler/556_semiz_otu	16.08.2009 00:12
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ASPARAGUS

Latin : Asparagus Officinalis

English : Asparagus

Turkish : Kuşkonmaz

WORD HISTORY

Asparagus Officinalis is widely known simply as ‘asparagus’. The English word asparagus derives from classical Latin, but the plant was once known in English as sperage, from the medieval Latin sparagus. This term itself derives from the Greek aspharagos or asparagos.

Asparagus was also corrupted in some places to sparrow grass. Another known of the term, most common in parts of Texas, is aspargrass or aspergrass. It is known in French and Dutch as asperge, in Italian as asparago, in Portuguese as espargo hortense, in Spanish as esparrago, in German as spargel, in Hungarian as sparga.1

SHORT HISTORY OF USAGE

Asparagus has been used from early times as a vegetable and medicine, owing to its delicated flavour and diuretic properties. It was cultivated by the ancient Egyptians, Greeks and romans, ate it fresh when in season and dried the vegetable for using in winter. It lost its popularity in the Middle ages but returned to favour in the seventeenth century.2

In the 200s BC, Cato gave excellent growing instructions for asparagus. Herbalist John Girard, firstly, mentioned wild asparagus in thhe 16th century.

The asparagus growing beds in Northern Italy were famous during the Renaissance period. These graceful spearrs have always been asign of elegance, and in times past, were a

1 www.wikipedia.com 04.07.2009 9:35

2 www.wikipedia.com 04.07.2009 10:05

delicacy only the wealthy could afford. Roman emperors were so fond of asparagus, that they kept a special asparagus fleet for the purpose of fetching it.1

BIOLOGY

Asparagus is a herbaceous perennial plant growing to 100-150 cm tall, with stout Larissa stems and with much-brunched feathery foliage.2 Asparagus is very annual. The root is woody, thick and has many side-roots. In spring, asparagus puts forth new shoots from roots which is at thickness as finger. Under the soil, the colors of asparagus are white and light-pink. When it makes a hole in the soil, the colors become greenish. In August, the fruits of asparagus, which become ripe, are red and resemble the pea.3

Rizom Body: it is at the 15- 20 cm depths under the soil.

Shoots: they become from the Rizom body. The part of 20- 25 cm is under the soil, the other part appears on the soil.

Leaves: they are the triangle and stamp shape on the long shoots.

Flowers: the plant is dioic. The flowers consist of the bottom of the shoots. They are as single or as a few them.

Seed and Fruit: at the end of the pollination, the seed between 4 and 6 from the fruit is harvested. Their lengths are 3- 4 mm, their widths are 2-3 mm. Their rinds are hard and impervious.4

VARIETIES

Asparagus has the following grades: jumbo, large, Standard and small.

Green Asparagus: in America

White Asparagus: in Europe

Violet and Purple: in England and Italy

Wild Asparagus: in Europe, except in Italy and The South of France1

1 www.homecooking.about.com 04.07.2009 10:15

2 www.wikipedia.com 04.07.2009 10:25

3 www.hekimce.com 04.07.2009 10:32

4 www.turkforum.gen.com 04.07.2009 10:40

HABITAT

Asparagus grows in the well-watered, sandy, clayey, and strong soil; in the woodsy places.2 The plant grows naturally in central and southern Europe, the Middle East, Western Siberia and northern Africa.3 In Turkey, it is seen in the region of Marmara, Aegean, the Mediterranean and the Middle Anatolia.4 Today, China is the world's largest producer of asparagus, with Peru, US, Mexico and Mediterranean countries.5

The skill of adaptation of asparagus is high.

The climate is not the most important factor in it's cultivation. Besides, the hot climate is prefered for harvesting early.

Rizom body of asparagus is resistant to the low heats. But when the layer of the soil, in which the Rizom body is, freezed, the body is damaged.

The heat must be 120C or it must increase over 120C. In the term of the shoot, the heat must be about 150C-180C.

Asparagus likes the high moisture. The moisture of the soil facilitates the exit of the shoots on the soil. The most importanat factor is the soil for asparagus.6

CULTIVATION

Available year-round, spring is the best season for fresh asparagus. Crops are harvested from late February to June, with April being the prime month.

Since asparagus often originates in maritime habitats, it thrives in soils that are too saline for normal weeds to grow in. Thus a little salt was traditionally used to suppress weeds in beds intended for asparagus; this has the advantage that the soil cannot be used for anything else. Some places are better for growing asparagus than others. The fertility of the soil is a large factor. Crowns are planted in winter, and the first shoots appear in spring; the first picking or thinning are known as sprue asparagus. Sprues have thin stems.

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1 www.homecooking.about.com 04.07.2009 10:45
2 www.turkforum.gen.com 05.07.2009 21:30
3 www.herbalremedies.com 05.07.2009 21:37
4 www.turkforum.gen.com 05.07.2009 21:30
5 www.elements4healt.com 05.07.2009 21:45
6www.turkforum.gen.com 05.07.2009 21:30

White asparagus, known aas spargel, is cultivated by denying the plants light and increasing the amount of ultraviolet light the plants are exposed to while they are being grown less bitter than the green variety,it is very popular in the Netherlands, France, Belgium and Germany.

Purple asparagus differ from its green and white counterparts, having high sugar and low fibre levels. Purple asparagus was originally developed in Italy and commercialised under the variety name Violetto d'Albenga. Since then, breeding work has continued in countries such as the US New Zeland.

In Northwestern Europe, the season for asparagus production is short, traditionally beginning on April 23 and ending on Midsummer Day.1

Asparagus is rarely produced, because it occupies the area of the production, long times and it has not the chance of the sale in the country. But it has the chance of the sale for the hotels touristic.2

KEY CONSTITUENS AND GOOD CHEMICALS

Asparagus Officinalis fruit contains rich carotenoid pigments. And, they are capsanthin, capsorubin, capsanthin 5,6-epoxide, antheraxanthin, violaxanthin, neoxanthin, mutatoxanthin exprimers, zeaxanthin, lutein, beta-cryptoxanthin, beta-carotene and some cis isomers were found.

While researchers found glucomaman at cell-wall of its seeds, glucomaman is believed to help prevent cholesterol absoption.

A fresh asparagus contains various elements such as calcium, magnesium, sodium, potassium and phosphorus. Asparagus also contains chromium and nickel. The chromium content showed a variable distribution throughout the white asparagus portions.3

1 www.wikipedia.org/wiki/kuşkonmaz 07.07.2009 20:15

2 www.hekimce.com 07.07.2009 20:35

3 www.asparagusextract.net 10.07.2009 19:50

KUSKONMAZIN 100 GRAMINDAKİ BESİN DEĞERLERİ				
Calorie 22kcal	Value of energy 94kj	Total fat 0.22g	Carbohydrates 4.11g	sugar 1.30g
Dietary Fiber 2.0g	Protein 2.40g	Sodium 14mg	Zinc 0.60mg	Potassium 224mg
İron 0.91mg	Magnesium 14mg	Copper 0.165mg	Calsium 23mg	Vitamin C 7.7mg
Vitamin E 1.50mg	Vit. B3 (Niacin) 1.084mg	Vitamin B6 0.079mg	Vit. B1 (Thiamin) 0.162mg	Vit. B2 (Riboflavin) 0.139mg

KEY ACTIONS

Asparagus is an important medical plant in India. Its medical value has been reported in the Indian and British Pharmacopoeias and in traditional systems of medicine. The herb is helpful in the treatment of neurodegenerative disorders. And it has been used extensively as an adaptogen to increase the nonspecific resistance of organisms aganist a variety of stresses.

Besides using in the treatment of diarrhea and dysentery, the plant also has potent antioxidant, immense stimulating, anti-dyspepsia and antitussive effects

Aphrodisiac

Antidepressant

Cancer

Ulcer

Cholesterol

Diabetes

Urine.

TRADITIONAL AND CURRENT USAGE

In ancient Egyption, asparagus was cultivated as long ago as 4,000 BC. In the 1st century, Dioscorides, the Greek physician, recommended a decoction of root to improve urine flow and to treat kidney problems. Also, in the 1st century, Pliny wrote that asparagus, of all the plants of the garden, receives the most praiseworthy care. In the 2nd century, physician, Galen described asparagus as 'cleaning and healing.'1

Asparagus and smelly pee was first researched in 1820, and the French novalist Marcel Prost remarked that asparagus 'transforms my chamberpot into a flask of perfume.'2

The ancient chinese botanists used the roots of asparagus to treat a lot of illness from rheumatism to barrenness.3

In the past, asparagus was popularly used to prevent and treat inflammation, dyspepsia nervous disorders, ulcers and liver diseases. Recently, beneficial effects of alclholic and water extracts of the root of asparagus have been demonstrated in some clinical trials. There are more than 300 species of asparagus and asparagus officinalis is the most popular species in vegetable consumption.4

THE CULINARY

Three types of asparagus on a shop display, with white asparagus at the back and green asparagus in the middle. The plant at the front is Ornithogalum Pyrenaicum, is commonly called wild asparagus.

Only the young shoots of asparagus are eaten.

The shoots are prepared and served in a number of ways around the world. In Asian-style cooking, asparagus is often stir-fried. The restaurants in the US often serve asparagus stir-fried with chicken, shrimp or beef. Asparagus may also be quickly grilled over charcoal or hardwood embers. In the French style, it is often boiled or steamed and served along with melted butter. Green asparagus is eaten worldwide.5

1 www.herbalremedies.com 11.07.2009 08:27
2 www.elements4healt.com 11.07.2009 09:15
3 www.hekimce.com 11.07.2009 09:35
4 www.herbalremedies.com 11.07.2009 10:15
5 www.wikipedia.com 12.07.2009 17:15

SELECTION

When you prefer the thick or thin spears, be certain they are fresh.1

STORAGE

Don’t wash asparagus before storing and never soak it. Trim the ends of fresh asparagus and stand them upright in a jar. Cover with a plastic bag and store spears in the refrigerator for up to two days.2

PARTS USED AND SOLVENT

Asparagus is used the three ways: root, seed, shoot

The root of this plant contains steroidal glycosides that directly affect hormones and can very well influence emotions.

Asparagus shoots and seeds will help in the production of new red blood cells.3

DOSAGE

Asparagus is available in various dosages, because there are the many different kinds of asparagus.4 There is currently no available scientific information about dosing for asparagus in humans.5 But the Standard daily dosage is 1- 1/2 ounces to 2-2/3 ounces of the chopped stem and roots.6

WARNINGS

Asparagus is likely safe when consumed as a food. The primary adverse effects for asparagus are dermatological and allergic reactions.7

Asparagus extract should not be used in pregnancy in high dosages.8

1 www.homecooking.about.com 12.07.2009 17:50
2 www.homecooking.about.com 12.07.2009 18:15
3 www.herbalremedies.com 22.07.2009 17:50
4 www.asparagusextract.net 11.07.2009 21:30
5 www.healtline.com 11.07.2009 21:45
6 www.asparagusextract.net 11.07.2009 21:30
7 www.healtline.com 11.07.2009 22:07
8 www.asparagusextract.net 11.07.2009 22:10

Asparagus is generally regarded as safe when taken in the recommended doses; however, the people who have the kidney's inflammation and diarrhea can not use asparagus, because it increases the rate of urinary production.1

Sometimes asparagus can cause dermatitis.

Asparagus has been reported to cause allergy, too.2

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9. www.turkforum.gen.com

10 www.herbalremedies.com

11. www.wikipedia.org/wiki/kuşkonmaz

1 www.viable-herbal.com 11.07.2009 22:15

2 www.zhion.com 11.07.2009 22:28

SHEPHERD'S PURSE

Latin : Capsella Bursa-Pastoris

English : Shepherd's Purse

Turkish : Choban Chantası

SHORT HISTORY AT USAGE

Because of the resemblance of the flat seed-pouches of the plant to an old –fashioned common leather purse, it is called shepherd's purse.The Irish name of clappedepouch was given in as an allusion to the begging leppers who stood at cross – roads with a bel lor clapper receiving their alms in a cup at the end of a long pole. The plant has accompanies Europeans in all their migrations and established itself wherever they have settled to till the soil. It was clearly unknown in Amerika's prior to settlement by the pilgrims. It can bu found in Greenland at sites where it was introduces by Norsemen 1000 years ego.1

HABITAT AND CULTIVATION

Plant flourish in most soils. They will grow in even in the poorest of soils, though in such a situation the plants might only reach a few centimetres tall before they flower and set seed. In rich soils, plants will take longer to g oto seed and will grow up to 60 cm tall. Shepherd's purse is a very common garden weed that can spread freely in cultivated ground. It is usually in flower and producing seed in all months of the year. This species is a prime example of how a plant can be viewed as an annoying weed in some areas of the world whilst in others. It is actuallay cultivated for its wide range of uses. The plant is extensively cultivated in some areas of the world as a cabbage-flavoured spring greens in Japan. It is one of the essential ingredients of a ceremonial rice and barely gruel that is eaten on january 7th. The leaves grow rather larger under cultivation, they can be treated as a cut and come again crop. They do run to seed fairly rapidly, however, especiallay in hot dry weather or when in

1 http://www.ann.com.au/herbs/Monographs/capsella.htm 19.082009 21:19

poor soils. A member of the cabbage family, it is a host plant for many disease of Brassicas. Birds are very fond of the seeds of shepherd's purse.1

KEY CONSTITUENTS AND GOOD CHEMICALS

The plant contains numerous flavonoids(rutin, diosmin, hesperidin), amino acids(proline), monoter-penoids(camphor) and glucosinolates(sirilgrin). The presence of various amines(acetylcholine, choline, tyramine) and saponins has been reported. And also it contains Mustard oils, resin, monoamines, tanin, essential oil, potassium.2

KEY ACTIONS

Mildly relaxing and gently stimulating to the kidneys and urinary tract: relieves atonic and catarrhal conditions and control haemorrhages. Tonic to the pelvic organs. Especiallay indicated when the urine is heavy with phosphatic and "brick dust" sediments. Excessive menstrual bleeding, nose bleeds and to help heal the source of blood in uring. Urinary tract heal the source of blood in uring. Urinary tract infections and stones. Diarrhoea. Haemorrhoids. Dysentry. Dropsy. Bruised joints and strains(topically) normalise blood pressure. Water retention.3

CLINICAL RESEARCHES

Despite animal studies showing anti- inflammatory, anti-ulcer, diuratic, hypotensive and other effects, the traditional uses of shepherd's purse are not well explained. It is thought that a peptide with oxytocin- like activity is responsible fort he anti- haemorrhagic action. When injected, extracts show muscarine-like effects(dose- dependent decreases and increases in blood pressure), positive inotropic effects on the heart and increased contraction of the uterus.4

CHEMICAL RESEARCHES

The plant has been ranked 7th amongst 250 potential anti- fertility plants in China. It has proven uterine- contracting properties and is traditionally used during childbirth. The plant is a folk remedy for cancer. It contains fumaric acid which has markedly reduced growth

1 http://www.pfaf.org/database/plants.php?Capsella +bursa-pastoris 19.08.2009 21:30

2 http://www.pfaf.org/database/plants.php?Capsella+bursa-pastoris 19.08.2009 21:30

3 http://www.ann.com.au/herbs/Monographs/capsella.htm 19.08.2009 21:50

4 http://www.zooscape.com/cgi-bin/maitred/Greencanyon/questp511594 19.08.2009 22:15

and viability of Ehrlich tumour in mice. A homeopathic remedy is made from the fresh plant. It is used in the treatment of nose bleeds and urinary calculus.1

TRADITIONAL AND CURRENT USAGE

Leaves- raw or cooced. The young leaves, used before the plant comes into flower, make a fine addition to salads. The leaves are a cress and cabbage substitute, becoming peppery with age. Leaves are usually available all year round, though they can also be dried for later use. The young flowering shoots can be eaten raw or cooced. They are rather thin and fiddly but the taste is quite acceptable. They can be available at most times of the year. Seed- raw or cooked. It can be ground into a meal and used in soups etc. The seedpods can be used as a peppery seasoning for soups and stews. The fresh or dried root is a ginger substitute.2

PARTS USED AND SOLVENT

In modern herbal medicine, the whole plant is employed, dried and administrated in infusion, and in fluid extract.3

KEY PREPERATİONS THEİR USAGE AND WARNING

Before taking shepherd's pursetell your doctor if you are pregnant or breast feding.If you have kidney stones or kidney disease, you shouldn't take this plant. Talk to your health care giver before using shepherd's purse. If you have blood pressure, thgroid gland, or heart problem sor are taking madicine that makes you sleepy.4

1 http://www.pfaf.org/database/plants.php?capsella+bursa-pastoris 19.08.2009 22:38

2 http://www.pfaf.org/database/plants.php?capsella+bursa-pastoris 19.08.2009 23:51

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http://www.florahealth.com/

WINTER CHERRY

Latin : Physalis Alkekengi

English : Winter Cherry

Turkish : Çin Eriği

SHORT HISTORY OF USAGE

The whole plant is antiphlogistic (inflamation – reducing), antipyretic (fever – reducing), antitusive (cough-supresing) ; expectorant (phelgm-promoting-kind of like Mucinex).The leaves themselves have been used to prevent fever (febrifuge), to promote early labor, and to treat malaise from malaria, for weak or anaemic people. Historically, it was used totreat greavel and Lithiasis (kidney-stone like conditions), fever and gout.

The herb was used to treat bad-wetting, facial paralysis, nocturnal incontenince hoarse voise.1

HABITAT AND CULTIVATION

According to a source Winter Cherry in Turkey is known Bladder Cherry Chinese Lantern, Japanese Lantern.

It is native from Europe, the Middle Asia and Japan. It is a popular ornamental plant. It is dried in winter, then in spring again flower. In particular it is liked calcareous soil. It is grown in half sunny background. It is not liked humidity. The outpeel of the plant is beginning to dry autumn. The tisue which covers the circular orange coloured seed so strongly that it is impossible to be effected.

The plant matures among brushwood and sparse forest, hot ground.2 The Chinese Lantern is a beautiful and recognizable garden ornamental that also bears and edible fruit. Most known for its bright orange “Lanterns” which decorate the plant in season.

1 www.herbcompanion.com 07.07.2009 22:10

2www.bahcevan.com 07.07.2009 22:10

It is vigorous plant and can spread if left unchecked. Generally likes moist soil so watering is necessary in driyer climates.1

Winter Cherry is a relative of P. peruviana (Cape Gooseberry), easily identifiable by the larger, bright orange to red papery covering over its fruit, which resemble Chinese lantern. It is native from southern Europe east across southern Asia to Japan . It is a herbaceous perennial plant growing to 40-60 cm tall, with spirally arranged leaves 6-12 cm long and 4-9 cm broad. The flowers are white, with a five-lobed corolla 10-15 mm across, with an inflated basal calyx which matures into the papery orange fruit covering, 4-5 cm long and broad.2

KEY CONSTITUENTS/ GOOD CHEMICALS

According to the result of research, Chinese Lantern contains bitterly tizalin, red-painting kriptoksin and zeaksin, a unresearch alkoloid, organic acid, vitamin C, fatty element, sugars, milk, apple, wine acids etc.3

All chemicals listed pertain to the root unless otherwise specified, as the root is tep art used.

Anaferine (alkaloid), anahygrine (alkaloid), beta-sisterol, chlorogenic acid (in leaf only), cysteine (in fruit), cuscohygrine (alkaloid), iron, pseudotropine (alkaloid), scopoletin, somniferinine (alkaloid), somniferiene (alkaloid), tropanol (alkaloid), withaferin A (steroidal lactone), withanine (alkaloid), withananine (alkaloid) and withanolides A-Y (steroidal lactones).

The main constituents of ashwagandha are alkaloids and steroidal lactones. Among the various alkaloids, withanine is the main constituent. The other alkaloids are somniferine, somnine, somnifericinine, withananine, pseudo-withanine, tropine, pseude-tropine, 3-a-gloyloxtropane, choline, cuscohygrine, isopelletierine, anaferine and anahdrine. Two acyl steryl glucoside viz. sitoindoside VII and sitoindoside VIII have been isoleted from root. The leaves contain steroidal lactones, which are commonly called withanolides. The withanolide have C28 steroidal nucleus with C9 side chain, having six membered lactone ring.4

1www.tradewindsfruit.com 07.07.2009 22:10

2 en.wikipedia.org 07.07.2009 22:10

3 www.solanaceae.com 07.07.2009 22:10

4 en.wikipedia.org 07.07.2009 22:10

KEY ACTIONS

Chinese Lantern is used to treat greavel and Lithiasis (kidney-stone like conditions), sore-suppressing, sedative. It is also used to treat urine-greavel illness, rheumatism, padogra (nikris-gout).1

It helps to empty the stomach of the water. It is used to run out urine and prometes exudation. It helps to bring down the kidney of greavel and stones. It is used to treat jaundice.2

"The plant of berry is used to antipyretic (fever-reducing) and treatment of urethra.

The plant of qualities: the plant of berry is used to fever redusing and helps to run out urine.

It is used to treat illnesses: it used to treat urethra ilnesses, kidney of gravels and gout."3

"In the sores it is used as a skin ointment, in the otitis it is dropped. In the asthma and the lung inflamation, urethra inflamations it is useful."4

"Winter Cherry is a member of the L.(solanacea) family. There are dried fruits. It is a herbaceous perennia plant growing to 30-60 cm tall, with white flowers. The fruit is orange-coloured, 10-17 mm across and it has many seeds. It matures in the side of stream and under the forest. It also grows as decorative plant. The fruit contain bitterly elements, orgaic acids, coloured fruits, tanen and musilaj. Since the past it was used to run out urine and as a sedative dekoksion (% 5)."5

"Chinese Lantern contains vitamin C. It is run out urine and it is perspired.

Used: It is used as a syrup and it is used to drink off a glass hot water."6

Ashwagandha is often taken with a pungent or heating herb such as ginger to increase its tonic effects. The compounds in ashwagandha stimulate the immune system. It can also improve memory and is considered to be an adaptogen. Ashwagandha is an herbal medicine

1 www.solanaceae.com 07.07.2009 22:10

2Deniz, Sedef, Bitkilerle Tedavi Mucizevi Bitkisel Reçeteler, İstanbul, 2005, p:58

3Maviengin, Selçuk, Şifalı Bitkiler, Ankara, 2006, p:78

4 Pamuk, H.Arif, Şifalı Bitkiler ve Emraz, İstanbul, 2002, p:87

5Baytop, Turhan, Türkiye'de Bitkiler ile Tedavi, İstanbul, 1999, p:128

6Anadol, Cemal Lokman Hekim ve İbni Sina'dan Günümüze Kadar Şifalı Bitkiler ve Şifalı Sular Ansiklopedisi, İstanbul, 1901, p:123

that is used to treat arthritis and improve physical energy. Ashwagandha is also useful in the treatment of inflammatory conditions, ulcers and scabies. Ashwagandha twigs are chewed for cleaning teeth, and the smoke of the plant is inhaled for relief in toothache. Ashwagandha is used for treatment of rheumatism, gout, hypertension, cancer and as sex stimulant.

Ashwagandha is one of the most reputed drugs in Ayurvedic Pharmacopoeia for its tissue building properties.1

Şakir Doğusan is a herbalist who we do our shopping. I phoned to him and made him to interview. I asked to him about Chinese Lantern. According to him recently it grows in Turkey and a lot of people don't know this plant. He said that it is beginning to grow in Turkey Ost and South Anatolia. The fruits of the plant are consumed as unripe, also it is used for decorative. The fruits make up jam and it is added in fruits salad. He said that it is used to run out urine and perspired. He said that it is used to empty the stomach of the water, it helps to bring down the kidney of gravels furthermore is useful in the treatment of jaundice. He said that Chinese Lantern is a tropic fruit which helps to protect from harmful effects of the sun and skin cancer, accelarate metobolism, it orders circulation of blood.

CLINICAL RESEARCHES

In this experimental study 40 females albino rats were divided randomly in two group1 for investigating the implantation sites and group2 for investigating the number and weight of neontes. In both groups, treated animals received plant extract at dose of 150 mg/kg on days 1-5 of pregnancy. In group1 treated animals were euthanized at 7th days of pregnancy an number of implantation sites were counted. In group2, treated animls maintened till delivery time and offer delivery, the number an weight of neontones were inestigated.

Resulted:Data showed that administration of Winter Cherry extract on days 1-5 of pregnancy signifiantly decresaed the number of implantation sites, number an weight of neonotes.

Conclusion: These reslts suggest that the extract prouced anti-ferility ffect probably by inhiiting imlantation.2

1 www.ashwagandhaherbs.com 07.07.2009 22:10

2 www.bioline.org.br 20.07.2009 22:30

TRADITIONAL AND CURRENT USAGE

Among the public is adviced to use in the jaundice, nocturnal incontenince, rickets, pushly urine, hemorrhoids etc. When leaves of the plant scald; they make up ferment, this ferment is used malaria and it used to chew protection of the toothache. Its root make up porrish. This is used for stomachache. The fruits are burnt and their ashes mix with fresh oil. This is applied lichen and skin pimple. In veterinarian fruits are used in the treatment of bird duckling (swine). This is used to mix in the feed.1

Traditionally, Ashwagandha herb has been used as a sedative, a diuretic, a rejuvenating tonic, an anti-inflammatory agent, and as an "adaptogen" (endurance enhancer). Many Western herbalists refer to this herb as "Ayurvedic ginseng" because of its reputation for increasing energy, strength, and stamina, and for its ability to relieve stress.2

In Ayurveda ashwagandha is consired a rasayana herb. This herb is also considered an adaptogen which is an herb that Works to normalize physiological function, working on the HPA axis and the neuroendocrine system. In Ayurveda, the fresh roots are sometimes boiled in milk, prior to drying, in order to leach out undesirable constituents. The berries are used as asubstitute for rennet, to coagulate milk in cheese making.

Seven American and four Japanese firms have filed for Grant of patents on formulations containing extracts of the herb Ashwagandha. Fruits, leaves and seeds of the Indian medicinal palnt withania somnifera have been traditionally used for the Ayurvedic system as aphrodisiacs, diuretics and for terating memory loss.The Japanese patent applications are releted to the use of the herb as a skin ointment and for promoting reproductive fertility. The U.S. based company Natreon has also obtained a patent for an Ashwagandha extract.

Another U.S. establishment, the New England Deaconess Hospital, has taken a patent on an Ashwagandha formulation claimed to alleviate symptoms associated with arthritis.

The product called “ Ashwagandha Oil ” is a combination of Ashwagandha with almond oil and rose water designed to be used as a facial toner, there for should not be consumed.3

1www.solanaceae.com 07.07.2009 22:10

2 www.ashwagandhaherbs.com 07.07.2009 22:10

3en.wikipedia.org 07.07.2009 22:10

PART USED AND SOLVENT

Using part of Chinese Lantern are fruıit and leaves.1

KEY PREPARATION, THEIR USAGE AND WARNING

“Fruits of the plant is boiled in 5 minute two tablespoon in the 0.5 liter water. In day, it used one each glass before the food. The plant hasn’t got side effect.”2

“Dried fruit (50 gram) of the plan tor a glass dried leaves of the plant is fragments in the 1 liter water. It is boiled 30 minute. This tea is steeped two hour. In day it is drank 2-3 glass. This hasn’t got side effect.”3

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11 www.ashwagandhaherbs.com

12 www.bioline.org.br 13 Maranki, Ahmet and Elmas, Şifalı Bitkiler, İstanbul, 2008

1www.solanaceae.com 07.07.2009 22:10

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3 Maranki, Ahmet and Elmas, Şifalı Bitkiler, İstanbul, 2008, p:140

POLYGONUM BISTORTA

Latin :Polygonum Bistorta

English : Bistorta

Turkish :Kechi Memesi

HISTORY AND USAGE

Bistort is native to northern Europe , Siberia, western asia and japan. It is an hardy Perennial that grows to about three feet in height with blue green leaves and pink flowes. The name , Bistort , is derived from a Latin word meaning twisted twice , “refarming to the appearance ofits curled rhizoma. Bistort was used as a vegetable in england and was also used in herb puddings. However it was always cultivated primarily for its medicianal use,in the past, bistort was used to treat stomac disases such as dysentery, dlarrhea and vomiting as well as a treatment for respiratory all monts and sore throat, ıt was also used to reduce menstrual bleeding. Bistort is now know that those positive results were due to bistort’s being among the strongest of astringets,because of its high concentration of tannin . Bistort contains vitamins A and C is used as a safe and wild vermifuge . The herb is considered effective in reducing mounth ulcers and also beneficial to the guns as well

Bistort has long been used as a food in Europe.The plant it self is rich in storch, and is naturel astringent as well. Eating bistort in times af famive was said to shrink the intestine , thus reducing the amount of food needed to relieve hunger. Bistort root was also an ingredient in an astringent tonic wine, which was used to threat people suffering from general debility and tuberculosis. The roasted roots of an american relative of this plants were enjoyed by the Cheyenne and Blackfoot who ate them alone or mixed into stews.1

HABITAT

Damp meadows and by water aspedally an acid soils.Succeeds in an ordinary garden soil but prefers a moisture retendive not too fertile soil in sun or por shade. The plant repays generous treatment.A very cold hardy plant, tolerating temperatives down to at least -25°C ,

1 www.pfaf.org/database/plants.php?polygonum+bistorta 08/07/09 10:15

Bistort was formarly cultivated as a medicinal and edible plant though it has now fallen into virtual disuse. Plants are some what spreading, forming quite extensive colonies especially in low- lying pastures, they seem to be immune to the predations of rabbits

"Bistort is found in Europe and Asia . İt grows in meadows and near streams in the caucaus and Ural mountains asuellas in other parts of northern Europe."1

KEY CONSTITUENTS AND GOOD CHEMICALS

Plants Constituent of Bistort

Contains:

Gallic acid

Gum

Starch

Tonnic acis

Actions

"Alterative (an agent capable of favorably altering or changing unhealty conditions of the bady and tending to restore normal bodily functions)

Astringen (a binding agent that contracts organic tissue reducing secretions or dischanges of mucous)

Diuretic (an agent that increases the volume and flow of urine which cleanses the urinary system)

"2Styptic(an agent that contracts tissues)"3

KEY ACTIONS

The world mangiant is a corruption of mangeant meaning a plant to be eaten at easter which was an old custom in the North of England

1 www.pfaf.org/database/plants.php?polygonum+bistorta 08/07/09 10:15

2 www.globalherbalsupplies.com/herb_information/bistort.html 08/07/09 09:50

3www.herbsguide.net/bistort.html 08/07/09 10:41

Bistort is commanly used for:

Bacterial conditions

Cholera

Measles

Blood conditions

All bleaing internal and external

Hemorrhoids

Lung hemorrhages

Nose bleeds

Stomach heorrhages

Gastrointestinal Conditions

Bowel complains

Diargea, aspecially with blood in the stools

Diysantery

Genitourinary Troet Conditions

In continence

Immune System Conditions

Infectious diseases

Liver Condition

Jaundice

Externally

Bruises

Loose teeth

Nasal polyps

Stops bleeding in ats and wounds

Leaves

Worms in children

Leaves and Root: As a gargle for

All gum problems

Hardening spongy gums

Looseness of theeth

Sore mounth

Sore throat

Stomatitis

Externally: As a wash for

Bites from venomous creatunes

Discharging ulcers

Hemorrhoge

Runnig sores

Diabetes

Intermittent fever

Mucous dischanges, especially from ears nove

Other uses:

In leather tanning

“Antibacterial , anti, inflammatory, astringent, since the roots of the plant contain 15 to 25 porcent tannin it is used as an astringent mouthwash for inflammations of the mouth and guns, including stomatitis taken internally bistort is an excellent remedy fort reading diarhea and dysantery, althought extended use can cause constipation. It is also used as a gorgle to help relieve symptoms of tensillitis.”1

“Because of its astringent and antibacterial proparties in the past it is recommended to threat veneral disease like gonorrhea. İt is used as both a wash and to threat skin sores and to control bleeding. When applied directly to a wound the powered roots will stop bleeding.”2

CLINICAL RESEARCHES

“Do not use bistort without first talking to your healthcare provider if your taking any of the following medications. Excessive use of bistort is not recommended because of the herbs high tannin content(%20)”

TRADITIONAL AND CURRENT USAGE

“Bistort has alternative, astringent and diuretic proparties it is used to cure cholera, diarhea, dysantery, leucorrhea, traditionally, it was used as a remedy for smallpox measles insect stings and for expelling worms.”

PARTS USED AND SOLVENT

“Rootstocks, leaves, root, seed are used fort eh ilnesses. Leaves raw or cooked. They are rather bitter out we have found them to have found them to have a fairly mild flavour especially when the leaves are young. Seed raw or cooked .The seed is very small and rather fiddly to utilize.Root now or cooked Rcih in starch and tannin it is steeped in water an then raosted in orde to reduce the tannin content.”

KEY PREPATIONS AND THEIR USAGE

Toprepare decaction add 1 teaspoon (5gl of root stock to 1 cup (250ml of water). Boil for 20 minutes. Strain take 1 tablespoon (15 ml) 30 minutes before meals 2 to 3 times a day. İt can also be used as a mounth wash or gargle at this dosage.

1 Dr.Adil Asımgil, Şifalı Bitkiler, İstanbul, 2000, s:185

2 www.globalherbalsupplies.com/herb_information/bistort.html 08/07/09 09:55

“Although specific mentions has been mad efor this species there have been reports that some of this genus can cause photosentivity in susceptible people people with a tendency to rhematism, arthritis, kidney Stones should take especial caution if including this plant in their diet since it can aggravate their condition.”1

References

1-www.pfaf.org/databse/plants.php?polygonum+bistorta

2-www.pfaf.org/database/plants.php.polygonum+bistorta

3-www.herbguide.net/bistort.html

4-www.globalherbalsupplies.com/herb_information/bistort.html

5-www.globalherbalsupplies.com/herb_information/bistort.html

6-Dr.Adil Asımgil, şifalı bikiler, İstanbul 2000, s 185

1 www.globalherbalsupplies.com/herb_information/bistort.html 08/07/09 10:12

HOLY THISTLE

Latin : Cnicus Benedictus

English : Holy Thistle

Turkish : Esek marulu

SHORT HISTORY

Cnicus is derived from the Greek word knizein, which means 'to torment' and refers to the plant's thorns. The old nomenclature Carduus means 'thistle', under which family name the plant was formerly classified. The species name Benedictus is the subject of speculation. On the one hand, the meaning 'blessed' may refer to the healing powers of the plant while, on the other hand, it may refer to the Benedictine monks who used the plant in the Middle Ages to combat the plague.1 Blessed Thistle is a plant found primarily in Asia and Europe. Blessed Thistle is also referred to as "St. Benedict Thistle" and "Holy Thistle," names that reflect the fact that Blessed Thistle was a popular folk remedy and tonic appreciated by monastic monks in the Middle Ages.2

Blessed thistle was widely used during medieval times.3 Blessed Thistle is said to have obtained its name from its wonderful reputation as an heal all, being supposed to even cure the plague.4 Monks once grew blessed thistle as a cure for small pox. Early herbalists believed that the herb was a cure-all. They noted that the plant could both prevent and cure headache, provoke sweat, help memory, strengthen the heart and stomach, and cure external problems such as festering sores, boils, and the itch.Nineteenth century herbalists prescribed an infusion, or tea, made from the plant tops as a treatment for fevers and for liver and respiratory ailments.5

HABITAT & CULTIVATION

1 http://www.bioforceusa.com/pflant-encyclopaedia/cnicus_benedictus.php 04/07/09 17:16

2 http://www.viable-herbal.com/singles/Herbs/s135.htm 04/07/09 17:18

3 http://www.herbs2000.com/herbs/herbs_thistle_blessed.htm 04/07/09 17:12

4 http://www.globalherbalsupplies.com/herb_information/blessed_thistle.htm 14/07/09 17:45

5 http://www.holisticonline.com/Herbal-Med/_Herbs/h33.htm 04/07/09 17:21

Blessed Thistle is an annual, which does not usually grow to more than 0.6 of a metre tall. It flowers from May to September, and can grow easily in most soil types, although it does tend to prefer positions with full sun. The flowers are yellow, with red stems and toothed, prickly leaves.1 Blessed thistle is found in Mediterranean region, western Asia, throughout Europe and in the eastern United States.2 Blessed Thistle thrives especially on dry, sunny waste dumps and waste lands at elevations up to 1000 metres.3 This very ornamental plant, it is often cultivated in Europe as a medicinal herb and for its oil yielding seed.4 The seeds are usually sown in spring, but if the newly-ripened seeds are sown in September or October in sheltered situations, it is possible to have supplies of the herb green, both summer and winter.5

KEY CONSTITUENTS

Alkoloids

Mucilage

Tannin

Bitter compound(cnicine)

Essential oil, flavonoids'

Also contains Triterpenoids, Lignans and Sesquiterpene Lactones.6

KEY ACTIONS

This herb is useful in the treatment of women's problems, as it acts as an emmenagogue, relieving painful periods and headaches related to menstruation, and will bring on suppressed periods. It can also help relieve excessive, heavy and painful bleeding during the menopause. Blessed Thistle can be used to increase milk production in nursing mothers. The herb also has a strong bitter principle, stimulating the appetite and aiding digestion.

It also stimulates the liver and encourages bile flow. 'It is a good remedy for anorexia, indigestion, wind, colic and any condition associated with a sluggish liver such as headaches,

1 http://www.hearthcraft.co.uk/Herbalism/holythistle.htm 04/07/09 17:52

2 http://www.herbsguide.net/blessed-thistle.html 04/07/09 17:23

3 http://www.bioforceusa.com/pflant-encyclopaedia/cnicus_benedictus.php 04/07/09 17:16

4 http://www.pfaf.org/database/plants.php?Cnicus+benedictus 04/07/09 17:43

5 http://www.botanical.com/botanical/mgmh/t/thistl11.html#ho 21/07/09 15:14

6 http://www.hearthcraft.co.uk/Herbalism/holythistle.htm 04/07/09 17:52

lethargy and irritability.' (McIntyre A, 1995) Blessed thistle can also be used to treat diarrhea as it has an astringent action. The plant bitters are also antimicrobial, enhancing and supporting the immune system. There have also been found to be anti-neoplastic actions in Blessed Thistle, meaning that it could be very useful in cancer treatment. A hot infusion of the herb can be used as an expectorant and diaphoretic. The herb can also be used to speed healing of cuts and minor wounds, and acts as an antiseptic.1

CLINICAL RESEARCHES

These uses have been tested in humans or animals. Safety and effectiveness have not always been proven. Some of these conditions are potentially serious, and should be evaluated by a qualified healthcare provider.

BACTERIAL INFECTIONS (GRADE: C)

Laboratory studies report that blessed thistle (and chemicals in blessed thistle such as cnicin and polyacetylene) has activity against several types of bacteria and no effects on some types. Reliable human study is lacking. Further evidence is necessary in this area before a firm conclusion can be drawn.

INDIGESTION AND FLATULENCE (GAS) (GRADE: C)

Blessed thistle is traditionally believed to stimulate stomach acid secretion and has been used as a treatment for indigestion or gas. However, there is limited scientific study in these areas. Additional research is needed before a firm conclusion can be reached.

VIRAL INFECTIONS (GRADE: C)

Laboratory studies report no activity of blessed thistle against herpes viruses, influenza, or poliovirus. Effects of blessed thistle (or chemicals in blessed thistle called lignans) against HIV are not clear. Human research of blessed thistle as a treatment for viral infections is lacking.2

TRADITIONAL AND CURRENT USAGE

Acne

1 http://www.hearthcraft.co.uk/Herbalism/holythistle.htm 04/07/09 17:52

2 http://www.wellness.com/reference/herb/blessed-thistle-cnicus-benedictus-l/ 21/07/09 15:34

Anorexia/Appetite Loss

Anti-inflammatory

Antioxidant

Cellular Regeneration

Detoxifying

Digestive Disorders

Gastrointestinal Disorders

Headaches

Hormone Imbalances

Skin Disorders1

PARTS USED & SOLVENT

The leafy flowering tops and the other leaves are gathered preferably just before or during the blossoming period and then are thoroughly and quickly dried.2

KEY PREPARATIONS THEIR USAGE

The below doses are based on scientific research, publications, traditional use, or expert opinion. Many herbs and supplements have not been thoroughly tested, and safety and effectiveness may not be proven. You should read product labels, and discuss doses with a qualified healthcare provider before starting therapy.

Blessed thistle herbal preparations are often obtained from the leaves and flowers of the plant.

Adults (over 18 years old)

Tea : Traditional doses include 1.5 to 3.0 grams of dried blessed thistle flowering tops steeped in 150 milliliters of boiling water taken three times daily, or 1 to 3 teaspoons of dried

1http://www.florahealth.com/Flora/Home/canada/healthinformation/encyclopedias/blessedthistle.asp 14/07/09 17:32

2 http://natures-way.healing-truths.com/BLESSED-THISTLE.php 04/07/09 17:55

blessed thistle herb in one cup of boiling water for 5 to 15 minutes taken three times daily (sometimes recommended to be used 30 minutes before meals). May be bitter in taste.

Tincture : (1.5 grams of blessed thistle per liter) : 7.5 to 10 milliliters by mouth taken three times daily has been used.

Liquid extract : (1 gram of blessed thistle per 1 milliliter of 25% alcohol): 1.5 to 3.0 milliliters by mouth taken three times daily has been used.

Children (under 18 years old)

Not recommended due to lack of reliable safety data.1

WARNING

Blessed thistle is generally considered to be safe when used by mouth in recommended doses for short periods of time, with few reported side effects. Direct contact with blessed thistle can cause skin and eye irritation.

Blessed thistle taken in high doses may cause stomach irritation and vomiting. Blessed thistle is traditionally believed to increase stomach acid secretion and may be inadvisable in patients with stomach ulcers, reflux disease (heartburn), hiatal hernia, or Barrett's esophagus.

Blessed thistle contains tannins. Long-term ingestion of plants containing tannins may cause gastrointestinal upset, liver disease, kidney toxicity, or increased risk of developing esophageal or nasal cancer. The effects in humans of blessed thistle tannins are not known.

Laboratory studies suggest that blessed thistle may increase the risk of bleeding, although effects in humans are not known. Caution is advised in patients with bleeding disorders or taking agents that may increase the risk of bleeding. Dosing adjustments may be necessary.

Many tinctures contain high levels of alcohol and should be avoided when driving or operating heavy machinery.

Pregnancy and Breastfeeding

Blessed thistle has been used traditionally to stimulate menstruation and abortion, and therefore should be avoided during pregnancy. Although blessed thistle has been used

historically to stimulate breast milk flow, it is not recommended during breastfeeding due to limited safety information. Reliable research is lacking in these areas. Many tinctures contain high levels of alcohol and should be avoided during pregnancy.1

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http://www.globalherbalsupplies.com/herb_information/blessed_thistle.htm

http://www.holisticonline.com/Herbal-Med/_Herbs/h33.htm

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http://www.botanical.com/botanical/mgmh/t/thistl11.html#ho

http://www.wellness.com/reference/herb/blessed-thistle-cnicus-benedictus-l/

http://www.florahealth.com/Flora/Home/canada/healthinformation/encyclopedias/blessedthistle.asp

http://natures-way.healing-truths.com/BLESSED-THISTLE.php

http://allnutritionals.com/natural-products/blessed-thistle-cnicus-benedictus-l.shtml

http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-blessedthistle.html

1 http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-blessedthistle.html 04/07/09 17:28

RED CLOVER

Latın :Trıfolıum Pratense

Englısh :Red Clover

Turkısh :Kırmızı Yonca

History

It was introduced into culture comparatively late.In Italy and Spain is cultivation was established during the fifteenth on sixteenn centuries.It was introduced into Holand from spain during the sixteen century and from there it made its way to England during the first half of seventeenth,the English name being derived from the Dutch''Klfver''.It was introduced into North America during the last decennium of the eighteenth century. 1 Red Clover has a long history of traditional use in China,Europa and Russia for variety of medical conditions including bronchial asthma,liver and digestive ailments.sore eyes and burns. 2

Plant Description

It is an herbaceous, short lived perennial plant, variable in size, growing to 20-80 cm tall. The leaves are alternate, trifoliate (with three leaflets), each leaflet 15-30 mm long and 8-15 mm broad, green with a characteristic pale crescent in the outer half of the leaf; the petiole is 1-4 cm long, with two basal stipules. The flowers are dark pink with a paler base, 12-15 mm long, produced in a dense inflorescence 2-3 m meter.3Trifolium is a biennial or perennial plant reaching a height of up to 60cm.It is widespread throughout the world in grassy areas and thrives in the more humid unpland areas.It has short rootstock which produces several simple or slightly branched reddish stems with close pressed whitish hairs.There is a basal rosette of long stalked leaves.The stem leaves are alternate,the lower ones long stalked with ovalto oblon-oval or obovate leaflets which are minutely toothed and sometimes blotched with a whitish crescent towards their base. 4The globullar red to purple

1 http://chestofbooks.com/flora-plants/weeds/fodder-pasture-plants/red clover-trifolium-pratense-L-pat-2.html 08.07.2009-18:30

2 www.englishplant.co.uk/redclover.html 01.07.2009-18:20

3 http://en.wikipedia.org/wiki/Trifolium_pratense 30.06.2009-17:50

4 www.ccba.bc.ca/discuss/_disc1/00001267htm 07.07.2009-18:40

flowerhead contains thirty to sixty sessile broetless florets.The calyx is hairy and the fruit is a pad.

Habitat

Red Clover is wide-spread, ranging from city lots to farm fields to mountain meadows.the Mediterranean region, Balkans, Asia Minor, Iran, India, Himalayas, Russia from Arctic south to east Siberia, Caucasus, and the Far East. It spread to England ca 1650 and was carried to America by British. 1

Key Constituents

Primary chemical constituents of Red Clover include phenolic glycosides (salicylic acid), essential oil (methyl salicylate), sitosterol, genistiene, flavonoids, salicylates, coumarins, cyanogenic glycosides, silica, choline, and lecithin. Red Clover also contains vitamin A, vitamin C, B-complex, calcium, chromium, iron, and magnesium. 2 Constituents of Red Clove in brief: Phenolic glycosides, flavonoids, salicylates, coumarins, glycosides, mineral acids,carbohydrates, phenolic glycosides (including trifoliin), isoflavonoids, flavonoids, saponins, salicylates, coumarins, cyanogenic glycosides, volatile oil, fats, mineral acids, resin, vitamins.

Key Action;Red clover is safe and effective herb with along history of medical usage.The plant is used in treatment of skin complaints(especially eczama and psoriasis),cancers of the breast,ovaries,and lymphatic system,chronic degenerative dieases,gout,whoopingcough and dry cough.It has a positive effect on high blood pressure. 3Red Clover supplements are promoted worldwide for the treatment of menopausal symptoms and the maintanance of health and welfare after the menopause.

Clinical Research

Research on both red clover and soya isoflavones is currently looking at their action as potential alternatives to oestrogen in menopausal women. A double-blind study found that menopausal women had improved function of their arteries while taking red clover extract compared to placebo.3 This could mean menopausal women would have less trouble with high blood pressure or atherosclerosis, though more study is required to be certain. Various laboratory studies show isoflavones may help prevent cancer.4 In one case study, use of red

1 www.ccba.bc.ca/discuss/_disc1/00001267htm 07.07.2009-19:10

2 www.ccba.bc.ca/discuss/_disc1/00001267htm 07.07.2009-19:30

3 www.ccba.bc.ca/discuss/_disc1/00001267htm 07.07.2009-18:30

clover by a man with prostate cancer led to noticeable anticancer effects in his prostate after the cancer was surgically removed.5 Although the isoflavones in red clover may help prevent certain forms of cancer (e.g., breast and prostate), more clinical studies are needed before red clover is recommended for cancer patients. The mechanism of action and responsible constituents for its purported benefit in skin conditions is unknown. 1

Clinical studies have shown red clover to have no detrimental effect on the womb or breast tissue.Clinical trials show that red clover extacts may provides some benefit for hot flushes associated with the menopause. 2

Traditional and current Message

Traditional Chinese medicine and Western folk medicine used this plant for similar purposes. It was well regarded as a diuretic, a cough suppressant, and an alterative. Alterative plants were considered beneficial for all manner of chronic conditions, particularly those afflicting the skin. 3Traditionally red clover oinments have been applied to skin to treat conditions such as eczema and psoriasis.

Part Used-Solvent

The flowers are dried and used in an infusion or made into a syrup.Dried inflorescence dose 4 grams or by infusion.liquid extract 1:1 in 25% ethonel given t.i.d.Collect the flower heads during the summer and fall.

The plants flowers are traditionally used as an alternative (cleansing waste material), antispasmodic, diuretic, anti-inflammatory, possible oestrogenic activity. Clover tea, made from flowering tops, has been used to stimulate liver and gallbladder activity and is taken for constipation and sluggish appetite. A poultice of the plant can be used for athlete's foot and other skin problems. 4 Dried clover blossoms were put in with soups and stews, where they added vitamins and minerals and a hint of sweetness from their honey.Flavonoids in the flowers and leaves are oestregenic and may be benefit in the treatmentof menopausal complaints.Poultices of the herb have been used as local applications to cancerous growths.

1www. ccba.bc.ca/discuss/_disc1/00001267htm 07.07.2009-18:10

2www. englishplants.co.uk./redclover.html 01.07.2009-18:50

3 http:/permaculture.info/index.php/Trifolium_Pratense 08.07.2009-18:45

4 www.ccba.bc.ca/discuss/_disc1/00001267htm 07.07.2009-18:40

Side Effect and Warning

Side effects with red clover are generally mild and rare.They include breast tenderness,menstrution changes and weightgain.Red clover extracts have theoretically been associated with interection with blood thinning agents e.g.warfarin and hormonal therapies but this has not been confirmed with actual case reports.Although there is no evidence for concern ,it is advised that red clver extracts should be avoided in women with a history of breast cancer.Pregnant and breast feeding women should not take red clover.1

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2.www.englishplants.co.uk/redclover.html

3.http://en wikipedia.org/wiki/Trifolium-pratense

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1 www.englishplant.co.uk/redclover.html 01.07.2009-18:20

WATER HYSSOP

Latin : Bacopa Monnieri

English : Water Hyssop

Turkish : Su Teresi

Bacopa monnieri is a popular Ayurvedic herb . It is a herb with an ancient history and has been a revered household name in India (name is Brahmi). According to Ayurvedic Text Brahmi is known as a most powerful brain food. There are Brahmi Powder, Brahmi Oil and Brahmi Extract in India . Brahmi Powder ,Oil and Extract are used by Indian people since a Vedic Age.

Bacopa Monnieri is a small , creeping herb with numerous prostrate branches , each 10 - 30 cm long . Bacopa Monnieri's flowers have purple color . In India and the tropics it grows naturally in wet soil ,shallow water and marches. The herb can be found at elevations from sea level and is easily cultivated if adequate water is available . Flowers and fruit appear in summer and the entire plant is used medicinally . 1

The saponin , hersaponin is reported to possess cardiotonic ,sedative and spasmodic properties .2

In India the plant is used for all sorts of skin problems - eczema , psoriasis , abscess , ulceration - it is said to stimulate the growth of skin , hair and nails . Bacopa Monnieri is effective against diseases like bronchitis , asthma , hoarseness , arthritis , rheumatism , backache , constipation , hair loss , fevers , digestive problems...etc. It is useful for improving mental clarity , confidence and memory recall . For these use of Bacopa Monnieri , it has been wide lt used by students . Bacopa Monnieri is useful in case of nervous deficit due to injury and stroke and nervous exhaustion . As it is bitter in flavor ,in India the plant is used in salads , soups as a cooked leaf vegetable or pickled .Indian research has shown that it has Antioxidant , Cardiotonic and Anticancer properties . Bacopa is a great neurotonic , immunomodulator ,adaptogen , tranquilizing , memory and learniing enhancing ,cerebral

1 http://www.bacopamonnieri.com/default.asp 18.07.09-19:30

2 http://www.ehow.com/about_5035318_benefits-bacopa-monnieri.html 18.07.09-19:38

activator , anti - ulcer , antisapsmodis , anti - asthmatic , ayurvedic herb . Other benefits are anti - anti - allergic , free radicals scavenging effect and as herbal supplement in epilepsy , anxiety and depression . Know its beneficial actions on brain , memory , mental deficiency , Alzheimer's disease , learning skills , anxiety , depression , stress , epileps and ADHD children .1

Bacopa Monnieri safely enhances cognitive performance in order patients . Studies are currently underway on Bacopa Monnieri's efficacy as a treatment for schizophrenia and other mental disorders . The authentication of the traditional claims of Bacopa Monnieri was initiated by investigating the effecct of an alcoholic extract of this plant on acquisition , consolidation and retention of three newly acquired behavioural responses in albino rats . The chemical constituent responsible for the facilitator effect of Bacopa on learning schedules was identified as a mixture of two saponins designed as basocides A and B . Anxiety and depression ; Bacopa ' s traditional use as an anti - anxiety remedy in Ayurvedic medicine is supported by both animal and clinical research . Research using a rat model of clinical anxiety demonstrated a Bacopa extract of 25 percent bacoside A exerted anxiolytic activity comparable to Lorazepam , a common benzodiazapene anxiolytic drug . But , the Bacopa extract did not induce amnesia , side effects associated with Lorazempam , instead had a memory enhancing effect . Epilepsy ; Although Bacopa has been indicated as a remedy for epilepsy in Ayurvedic medicine research in animals show anticonvulsant activity only at high doses over extended periods of time . Early research in India demonstrated that hersaponin exhibited protection against seizures in mice .

Bronchitis and asthma ; animal studies on rabbit and pig have demonstrated Bacopa extracts to have relaxant effect on chemically induced bronchoconstriction , probably via inhibition of calcium influx into cell membranes . An in vitro study also demonstrated a methanol extract of Bacopa possessed potent mast cell stabilizing activity comparable to disodium cromoglycate , a commonly used allergy medication . These studies indicate the potential usefullness of Bacopa extracts in bronchoconstrictive and allergic conditions and warrant human studies . In vitro , animal and human studies have demonstrated direct spasmolytic activity on intestinal smooth muscle, via inhibition of calciuminflux across cell membrane channels . This property suggests Bacopa extracts may be of benefit in conditions characterized by intestinal spasm such as irritable bowel syndrome . Cronic effects of Bacopa on human memory is reported . Seventy - six adult aged between 40 and 65 years took part in a study in which various memory function were tested and levels of anxiety measured . The results show a significant effect of the Bacopa on a test for the retention of new information .

1 http://www.holistic-herbalist.com/bacopa.html 18.07.09-20:55

Anti-depressant activity of standardized extract of Bacopa in experimental models on depression in rats . The effect was compared with standard anti-depressant drug imipramine . And it was found to have significant anti - depressant activity comparable to that of imipramine . 1

Baccopa Monnieri was used as a brain tonic to enhance memory development , learning , and concentration . It is one of the main rejuvenatives for our mind and body in traditionally . Bacopa is used in holistic and traditional medicide as a treatment for several mental and physical ailments .2

There are Bacopa Powder , Oil and Extract . Powder of Bacopa is done by colleting fresh leaves or the whole plant of Bacopa . The whole plant is washed , dried in shade to preserve its active volatile component from getting lost and then grounded to a powder . After drying and grinding packing of Bacopa Powder in aseptic manner for furtheruse and storage . Bacopa Monnieri leaves have a bitter sweet and sour taste . And Bacopa Oil is made by this plant. To get high quality of Brahmi oil , healty fresh leaves are collected and washed properly to get rid of the physical impurities. Then they are crushed to extractthe Bacopa Oil by stream distillation process . And Bacopa Extract is done by collecting of fresh leaves and purification by washing . Then making dry , extractingby using suitable extractor and packing in aseptic manner for further use and storage .

Holistic and folk doctors use the leaves of Bacopa to improve memory , cognition and attention span . It is also used to treat anxiety , depression , mental fatigue asthma , hoarseness , eplilepsy , irritable bowel syndrome , ulcers , leprosy and anemia . There are no severe side effects reported . However , nausea , dry mouth , excessive thirst , heart palpitation and fatigue can occur . As Bacopa may affect the body ' s hormone and enzymatic functions , patients using cytochrone enzymes , thyroid drugs , phenytoin , sedative and psychotropic drugs should consult their physician before use . Bacopa Monniere may also interact with calcium- blocking drugs . Women who are pregnant or breastfeeding should not use this plant until further studies are completed . In all circumstances , consult your physician before using . 3

The chronic (3 - 12 weeks) administration of Bacopa showed significant improvement in speed of visual information processing by it task , learning rate and memory consolidation as compared to placebo . There was improvement in higher older cognitive

1 http://www.bacopamonnieri.com/content/research.asp 18.07.09-20:19

2 http://www.bacopamonnieri.com/default.asp 18.07.09-20:27

3 http://www.ehow.com/about_5035318_benefits-bacopa-monnieri.html 18.07.09-20:37

functions that depend on memory , learning and environmental factors . However the single dose of this medicinal herb doesn't show any improvement in cognitive or memory functions. The dosage in the above two atudies was 300mg of Bacopa extracts daily . Bacopa Monnieri was tested on men with mild to moderate mental deficiency . 172 persons received Bacopa 500mg of extract thrice a day while 114 persons received placebo for one year . At the end of the study , thee was improvement in concentration ability , memory span , and overall mental performance in individuals taking the extract as compared wiht placebo group . Despite its mention as anti-epilepsy role it was found to exert this effect only on very high doses over long periods . The dose near LD50 showedeffect against seizures . Research in India found hersaponin to exert some anti-consulvant effect. So it could better be used as an adjuvant in treatment of epilepsy . On stress of the Bacopa ; this study on rats , it showed the potential to be effective in stress . The response had been better in the group that was pretreated for one week wiht 29 to 40 mg daily of it even before exposing to stress .Another one month study on diagnosed anxiety neuosis patients , with syrup of this medicinal herb equivalent to 12 mg of crude powder , found significant reduction in anxiety symptoms , level of disability and fatigue . The Bacopa Monnieri extract in dose of 20 to 40 mg per kg was given once daily for five days and it was found comparable to standand anti - depressant drug imiramine in anti-depressant activity in rodent animals .1

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SAFFLOWER

Latin : Carthamus Tinctorius

English : Safflower

Turkish : Yalancı safran

Safflower (carthamus tinctorius l.) is an annual , broadleaf oilseed crop adopted chiefly to the smallgrain production areas of the western Great Plains. Evaluations of safflower in the Great Plains states began in 1925, but the seed had an oil content that was too low for profitible oil extraction. In the following years the Nebraska Agricultural Experiment Station developed varietes with about 35% oil compared to older varietes with less than 30% . Commercial production became concentrated in western Nebraska and eastern Colorado, but is now located in several Western states and Canadian Prairie provinces.1

The safflower is considered to be indigenous to Iran, northwestern India and perhaps to Africa also. Presently, the safflower can be found even in North America as well as the Far East. Normally, the safflower thrives best in the open areas and is harvested during the summer.

The safflower plant grows once in a year and belongs to the same species as the sunflower. The safflower prefers arid lands or the irrigated cropping method. The plant is generally propagated through its seeds which sprouts and gives rise to a fundamental stem. This central stem does not extend till two to three weeks and bears leaves close to the ground like a rosette or rose-shaped badge much akin to the immature thistle. It may be borne in mind that the sluggish development of the seedlings in the early part of spring frequently leads to a feeble yield. On the other hand, depending on the environmental conditions of the place where the safflower is grown, the sturdy central stem bears quite a lot of branches that often grown between 12 to 36 inches in length. Significantly, the safflower is able to balance the damages done owing to hails and very little yield is lost once the branches of the plant are well developed. The safflower herb can endure drought more than the small grains as it has a taproot that normally grows between eight to ten feet provided warmth and dampness of the sub-soil permit it. During the phase when safflower flower buds emerge, firm thorns develop

1 http://www.hortpurdue.edu/newcrop/AFCM/safflower.html 07.07.2009 – 22:37

along the edge of the leaves of most variety of the plant species. This often makes it difficult to walk through the fields where the safflower grows.

Normally, the safflower branches emerging from the central stem bear one to five flower heads. These flower heads are approximately one inch in width and are normally yellow or orange colored. However, some varieties of the safflower plants also bear red and white colored flowers. While the buds of the safflower begin to form in late June, the blossoming begins around middle to late July. The safflower flowering season persists for two to three weeks based on the atmospheric conditions, compactness of the soil as well as the dissimilarities among the different varieties of the plant. Each of the flower heads of safflower comprises 15 to 30 seeds and the oil concentration in these seeds varies between 30 to 45 per cent. As the mature seeds are covered in the flower heads, they do blow apart before harvesting. In addition, the protection also greatly prevents loss of seeds due to bird feeds. Normally, the safflower seeds mature around September - four weeks after the end of the flowering season.1

Safflower contains carthamone, lignons and a polysacchoride.

Dual (metolachlor) and Treflan (trifluralin) are labeled for use on safflower. Dual is applied as either a preplant or preemergence herbicide. Treflan is used as either a fall or spring preplant incorporated treatment. Treflan is primarily used to control grasses, but will control some broadleaf weeds. If there are large numbers of broadleaf weeds, consider not growing safflower in that field. Wild mustard, kochia, and Russian thistle are difficult weeds to control in safflower. The herbicide rate applied will vary with the soil type and organic matter content, and the species of weeds that need to be controlled.2

The remedial value of safflower is very restricted. While it is extremely effective in lowering the cholesterol levels in the system, the herb has also been found to be useful in treating fevers. In addition, extracts from the safflower are often used as a laxative and help in bowel movements.

Chinese herbal medicine practitioners recommend the safflower flowers to encourage menstruation and also treat abdominal pains. In addition, the safflower flowers are also said to be effective in cleaning and healing open wounds and bruises. They are also used as a remedy for measles. On the other hand, Anglo-American herbalists use the flowers to

1 http://www.herbs2000.com/herbs/herbs_safflower.htm#safflower-parts 07.07.2009 – 23:06

2 http://www.hortpurdue.edu/newcrop/AFCM/safflower.html 07.07.2009 – 22:37

treat fevers and different types of skin disorders, including rashes. At the same time, the raw oil extracted from the safflower seeds is said to function as an excellent purgative.1

The scientists' search for suitable vegetable oil to replace animal fats in human diets with a view to reduce the cholesterol levels in the system and hence minimize the hazards of heart diseases associated with animal fat, led them to examine the appropriateness of many vegetable oils. This was owing to the discovery by the scientists that the presence of polyunsaturated fats or plant oils in the diet helped in reducing the intensity of cholesterol in the system. During this research, scientists found that the oil extracted from safflower possessed maximum concentration of polyunsaturates and this has led to the intensive cultivation of the plant primarily for its oil content. The concentration of linoleic acid in safflower oil is much higher than that compared to corn, soybean, and cottonseed, peanut or even olive oils. This variety of safflower is mainly used for producing edible oil products like salad oils and soft margarines.2

In several clinical trials, 10-20% safflower oil emulsions were found to be safe and effective as a major component of adult parenteral nutrition. 10 and 20% Liposyn® are equally safe and effective components of a parenteral nutrition program for children. The most common adverse effects of safflower oil are cardiovascular, including increased serum lipids, and gastrointestinal, including diarrhea and loose stools. Belching, loose stools, nausea, vomiting, and diarrhea have been reported in patients taking safflower oil daily. Safflower may increase the risk of bleeding. Ingestion of safflower oil may decrease serum total cholesterol. Safflower oil may alter blood sugar levels; however, clinical relevance is unclear. Safflower oil may have immunostimulation properties. Although not well studied in humans, safflower oil may remit the symptoms of low-dose lithium neurotoxicity.3

Currently, the plant provides oil from the seeds, meals for animals, and food for caged birds as well as foots which is basically the residue collected from the oil processing and used for the food and manufacturing products markets. Despite all these, the herb is now primarily grown for the oil content in its seeds. It is also said that around the 1700s, the Portuguese added the yellow safflower flowers to their foods as a replacement for the saffron. Since the safflower does not possess the true essence of saffron, it has been often nicknamed as 'false saffron' and 'bastard saffron'.4

1 http://www.herbs2000.com/herbs/herbs_safflower.htm#safflower-parts 07.07.2009 – 23:06

2 http://www.herbs2000.com/herbs/herbs_safflower.htm#safflower-parts 07.07.2009 – 23:06

3 http://www.wellness.com/reference/herb/safflower-carthamus-tinotarius 08.07.2009 – 23:58

4 http://www.herbs2000.com/herbs/herbs_safflower.htm#safflower-parts 07.07.2009 – 23:06

Volunteer small grain may be a problem when safflower follows small grain. Fall tillage and rains should reduce this problem. A moist, firm seedbed should be prepared to help establish a good stand. Germination will not begin until soil temperature exceeds 40°F. 1

Safflower oil varieties that contain high percentage of oleic acid may function as a heat-stable, but it is supposed to be a very costly cooking oil that is primarily used for frying potato chips and French fries. They are also used in industries as oil for paint base or manufacturing other coverings for the exterior. It may be mentioned here that the oil is pale in color and does not turn yellow even after long storage periods. This enables the use of the oil in white or other light colored paints.2

Soybean/safflower lipid-based emulsions are likely safe when administered to pregnant patients. Safflower oil is likely safe when used in breastfeeding women, although there is rapid transfer of dietary fatty acids into human milk.3

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BAICAL SKULLLCAP

Latin : Scutelleria Baicalensis

English : Baicall Skullcap

Turkish : Baykal Takkesi

HISTORY

Scutellaria baicalensis, also known as Chinese skullcap or Huang Qin, is a widely used herb in traditional Chinese medicine with anticancer, antiviral, antibacterial, and anti-inflammatory properties.

Historically, Scutellaria baicalensis has been used to treat respiratory tract infection, diarrhea, jaundice, hepatitis, and cancer.

Scutellaria baicalensis, a botanical with a long history of medicinal use in China, was a constituent of the herbal mixture PC-SPES.

It has been used medicinally for over 2,000 years.

Baical skullcap is a traditional herbal remedy used extensively ın the chınese system of medıcıne.

Baical skullcap was among the herbs lısted ın the varıous prescrıptıons for the preparatıon of decoctıons pills ın these ancient wooden tablets.

Its botanical name (lateriflora) resulted from the way the dish-shaped seedpods and flowers grow on only one side of the stem.

There are eight species of skullcap found throughout the Prairie Bioregion of North America. -The herb was used by Native Americans for rabies long before its adoption by European herbalists, thus its nickname of Mad dog.

There has been much controversy over the use of the plant in treating hydrophobia. In an 1830 herbal, that controversy was referred to when one doctor, in 1772, claimed to have

cured 400 persons and 1,000 cattle who had been bitten by "mad dogs;" and many other physicians claimed the same success. However, several other physicians denied these.[1]

Adding to the confusion, the plant was listed in the US Pharmacopoeia from 1863 to 1916 and in the National Formulary from 1916 to 1947. On the other hand, the US Dispensatory stated in its 21st-23rd editions (1926-1944) that it was "as destitute of medicinal properties as a plant may be".

The Mesquakies used the small skullcap (Scutellaria parvula) in the treatment of diarrhea. --The Cherokee used skullcap to stimulate menstruation, relieve breast pain, and encourage the expulsion of the placenta after childbirth. It was also used in purification ceremonies when menstrual taboos were broken.

Followers of a 19th century Anglo-American school of herbal medicine were called Physiomedicalists and were the first to discover skullcap's use as a nerve tonic. They recognized that it had a "deeper" action on the nervous system than any other herb and used it for hysteria, epilepsy convulsions, and such serious mental illnesses as schizophrenia.

In 1973, ninety-two wooden tablets were discovered in a 2nd century tomb in northwestern China. Among the herbs listed there was baical skullcap. Other prescriptions were noted as well, including decoctions, tinctures, pills, and ointments.

HABITAT

Perennial growing to 0.3m by 0.3m .

It is in flower in August, and the seeds ripen in September.

The flowers are hermaphrodite (have both male and female organs) and are pollinated by Insects.

We rate it 1 out of 5 for usefulness.

The plant prefers light (sandy) and medium (loamy) soils and requires well-drained soil.

The plant prefers acid, neutral and basic (alkaline) soils.

1 www.herbs2000.com 19.07.2009 17.55

It can grow in semi-shade (light woodland) or no shade.It requires dry or moist soil.

Succeeds in a sunny position in any ordinary garden soil that does not dry out during the -growing season..

Prefers a light well-drained soil in sun or partial shade.

This species requires sharp drainage and, once established, is drought tolerant. Plants are hardy to at least -15°c.A very ornamental plant.

Countrıes such as mainland chına japan korea and the russıan federatıon are areas ın whıch the baıcal skullcap grows natıve.

The habıtat that baıcal skullcap herb prefers ınclude sunny grassy slopes and the herb also grows well ın open areas whıch have elevatıons between 350 ft- 100m and 8,00 ft-2,000 m above sea level.

The propagatıon of baıcal skullcap ıs throuhg the seeds whıch are sown durıng autumn harvestıng of the roots of three to four year plants carrıed out durıng the autumn or ın the spring time.

CHEMICAL RESEARCH AND SIDE EFFECT

Chınese researches have carrıed out extensıve and thorough studıes on the baıcal skullcap.these studıes have confırmed that the baıcal skullcap herb ındeed possesses marked ant-ınflammatory and antıallergenıc proporties whıch are beneficıal ın the treatment of many aılments.

The proportıes of thıs herb are largely due to presence of compounds known as the flavonoıds ın the plants.

The levels of these beneficıal flavonoıds ın the herb ıs comparable to the levels of such compounds ın another beneficıal herbs such as the hawthorn-botanıcal name Crataegus oxyacantha.[1]

The remedıes made from the baıcal skullcap may also be useful ın effectıvely treatıng all sorts of venous problems and to treat fragıle capıllarıes ın the body.

1www.drugs.com\npp\baical-skullcap 21.07.2009 17.00

Justıfıcatıon for the use of baıcal skullcap ın the treatmentogf hıgh fevers and ınfectıons such as dysentery ıs suggested by numerous clınıcal studıes.

These dısorders are tradıtıonally treated usıng thıs herb and now clınıcal proof exısts that the remedy ıs useful and effectıve. [1]

PARTS USED ROOTS

Medicinal Parts

* Aerial parts (skullcap), root (baical skullcap)

* Research has shown that skullcap species have several constituents that have antispasmodic properties.

KEY ACTIONS

(a) Skullcap

* antispasmodic

* mild bitter

* relaxing nervine

(b) Baical Skullcap

* antibacterial

* antispasmodic

* antiallergenic

* cooling

* diuretic

* promotes bile flow

* strongly anti-inflammatory

1 www.innvista.com 19.07.2009 13.58

* sedative[1]

KEY CONSTITUENTS AND GOOD CHEMICALS

(a) Skullcap

* flavonoids (scutellarin)

* tannins

* bitter iridoids (catalpol)

* volatile oil

*minerals[2]

(b) Baical Skullcap

* flavonoids (about 12% including baicalin, wogoniside)

* sitosterol

* benzoic acid

TRADITIONAL USAGE AND CURRENT USAGE

Today, skullcap is one of the best herbs for treating nervous disorders and is a tonic for times of stress. It has a bitter, slightly astringent taste. Its restorative properties help support and nourish the nervous system, calm stress, and relieve anxiety. Its antispasmodic action is particularly useful when stress and worry cause muscular tension.

Skullcap is often prescribed on its own or mixed with other sedating herbs to treat insomnia or menstrual pain.

Baical skullcap has been extensively researched in China, which clearly showed its strong anti-inflammatory properties largely because of the flavonoids. In common with other herbs that have significant levels of flavonoids, it is likely that Baical skullcap may help venous problems and fragile capillaries.

1 www.globalherbalsupplies.com\herb\baical skullcap.htm 19.07.2009 19.06

2 www.herbalremedies.com\baical-skullcap\information.html 21.07.2009 13.43

Since baical skullcap is a "cold and bitter" herb, it is used to treat such hot and thirsty conditions as high fevers, coughs with thick yellow phlegm, and gastrointestinal infections that cause diarrhea. It is also given for painful urinary conditions and allergic conditions. When combined with other herbs, it is used to treat high blood pressure, arteriosclerosis, varicose veins, and easy bruising. It is also useful for such problems arising from diabetes .[1]

Small doses are beneficial for nervous spasms, tension headaches, muscular tremors, arrythmias, sleeplessness, irritability, chorea, Parkinson's disease, as well as hydrophobia (a morbid fear of water), which is also a classic symptom of rabies. Scullcap is not used for that disease anymore, and the two conditions must be distinguished.

Some Canadian varieties of scullcap are particularly astringent, and herbalists there apply the liquid extract to open wounds to promote a rapid healing of the tissues.

KEY PREPARATIONS AND WARNINGS

DRUG INTERACTIONS

Do not use Baical skullcap without first talking to your practitioner or healthcare provider if you taking any of the following medications.

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BLACK HOREHOUND

Latin : Ballota Nigra

English : Black Horehound

Turkish : Yer Tozu Otu

HISTORY

Its Latin name is thought to have come from the Romans who named it after on ancient town,but it may also have derived from the hebrew marrob,meaning bitter herb,as it is eaten during Passover.The Romans and other ancient civilisations relied on horehound to treat numerous ailments,including whooping cough.tuberculosis,jaundice,menstrual.cramps and constipation.The egyptions used it to repel flies,among other thinngs.Horehound has been a remedy for chest problems since ancient times and taken mainly in the form of syrup.The Greek physician Dioscorides(40-90 CE)recomended a decoction to treat tuberculosis,asthma and coughs.He also recomended a plaster of Bleck horehound leaves and salt for dog bites.He said that a balm made from dried leaves and homey would help purify infected wounds and ulcers.1

CULTIVATION

Prefers a well-drained soil in full sun or partial shade.Avoids acid soils in the wild but tolerates a pH down to 5 in cultivation.This species is not hardy in the colder area of the country.İt tolerates temperatures down to between -5 and -10.This species is widely grown in herb gardens, but little employed because of its strong flavour.its essential oil is used to adulterate the oil of white hore hound.The leaves emit a most unpleasant smell when bruised,somewhat like stale perspiration.Plants can self-sow freely when well-sited.There is at least one named variety selected for its ornamantel value.The whole plant has an affensive adour.2

HABITAT

1 www.innvista.com 19.07.2009 00:44

2 www.pfaf.org 19.07.2009 11.50

Black Horehound is conidered a weed in Europe.thriving in open areas,pavement cracks,by road sides,and mostly near human habitation.It was intentionally introduced to the U.S,but it also grows in Asia.Black Horehound is a straggling,strong-smelling perennial,growing to about tree feet and having oval.toothed leaves and pinkish purple flowers in whorls at the base of the upper leaves. İt is harvested when in flower in the summer.1

KEY CONSTITUENT

Phenypropanoids-flavonoids and compounds found in the volatile oil of black horehound are believed to be the plant's major horehound phyenylropanoids to have both antioxidant properties and a sedating effect on averactive nevre cells.Although no herb is believed to be useful for treating nausea associated motion sickness due to a possible effect on the central nervous system.2

KEY ACTION

Black Horehound is an excellent remedy fort he setting of nausea and vomiting where the cause lies within the nervous system rather than in the stomach .It may be used with safety in motion sickness for example where the nausea is triggered through the inner ear and the central nervous system.This herb will also be of value in helping the vomiting of pregnancy of nausea and vomiting due to nervousness.This remedy has a reputation as a normalizer of menstrual function and also as a mild expectorant.It is possible ,however,that horehound may prove to be useful in herbal treatments for inflammation.In 2002 , French researchers reported isolating new glycoside compounds in horehound,one of which has antiinglammatory activity.In addition,a group of American researchers studying traditional Mexican herbal remedies for headache,asthma,arthritis,fever and menstrual cramps found that horehound has a high antioxidant content that may explain its inclusion in folk remedies for these conditions.3

CLINICAL RESEARCH

A preliminary survey of the botanical characters of the species Ballota Nigra and of its subspecies is reported.Phytochemical investigation of the flowered aerial parts led us to isolation and structural elucidation of one diterpene and four phyenylpropanoid glycosides reported for the first time from the genus Ballota.Verbascaside,forsythaside B.arenarioside

1 www.innvista.com 19.07.2009 12.08

2 www.harristeeter.com 19.07.2009 12:17

3 www.healty.net 19.07.2009 12:46

and ballotaetroside.These compounds appear to be characteristic of this species and could be used for the standardization of the drug.Moreover,the four phenylpropanoid glycosides isoloted could justify the use of Ballota Nigra as a neurosedative drug.1

TRADITIONAL AND CURRENT USAGE

Horehound has long been used to treat respiratory infections,including colds and asthma and to help heal the membranes.Because of the bitterness of the herb,it is used mainly in the form of a syrup.AS ağabeytter toniz.it can be made into decoctions,imfusions and tinctures to increase the appetite and support the function of the stomach.It şs most beneficial in influenza cases where the patient as lost the desire to eat.It is also used to normalize heart rythm and improve regularity.Externally,infusons and decoctions help heal skin conditions.

Black Horehound have been used to treat the bites of snakes and mad gogs,to rid the system of intestinal worms,and as antidotes to vegetable poisons.2

Black Horehound is an excellent remedy fort he settling of nausea and vomitting where the cause lies within the nervous system rather than in the stomach.It may be used with safety in motion sickness for example, where the nausea is triggered through the iner ear and the central nervous system.This herb will also be of value in helping the vomitting of pregnancy of nausea and vomiting due to nervousness.This remedy has a reputation as a normalizer of menstrual function and also as a mild expectorant.

It is possible,however,that horehound may prove to be useful in herbal treatments for inflammation.In 2002,French researchers reported isolating new glycoside compounds in horehound, one of which has antiinflammatory activitiy.3

PARTS USED

The leaf and flower a medicinally.4

USAGE

Black Horehound is traditionally used as a tea or tincture.Approximately 2 teaspoons of the leaves are added to 1 cup hot water three times per day iIf a tincture is preffered, 1 to 2

1 www.ncbi.nlm.nih.gov 19.07.2009 13:29
2 www.innvista.com 19.07.2009 14:01
3 www.healthy.com 19.07.2009 14:18
4 www.hurristeeter.com 19.07.2009 13:45

ml may be taken three times per day.Black Horehound is rarely used alone or ginger for relief of nausea.1

WARNINGS

Black Horehound has chemicals which might be safe for most people when take by mouth,but the potential side effecfs of black horehound are not known. There is not enough information to know if black horehound is safe when applied directly to the skin or what the side effects might be.

Do not take black horehound oil if ;

You are pregnant or breast-feeding

You have Parkison's disease

Yıu have a mental illness such as schizoprenia or a psychotic disorder.2

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1 www.harristeeter.com 19.07.2009 13:10

2 www.rxlist.com 19.07.2009 13:40

CHASTE TREE

Latin : Vitex Agnus-Castus

English: Chaste Tree

Turkish: Hayıt Otu

HISTORY OF USAGE

Chaste tree (Vitex agnus-castus) has been used for over 2500 years since the days of Hippocrates. European treats chaste tree for the treatment of various menstrual disorders, PMS and other conditions with the tradional use of chaste tree. Chaste tree is associated with ancient Greek festivals. Women who remained as fertility and marriage in the Thesmophoria (a festival held in honor of Demeter) used chaste tree blossoms for adornment and strewn around bows of twigs. Women in Rome carried twigs traditions associated the chaste tree with chastity, which was adopted in Christian ritual. Novitiates who was entering the monastery, strewn around the blossoms of chaste tree. His ritual is going on to the present day in same regions of Italy.

Vitex agnus-castus which is commonly known as chaste tree. Is native to west Asia and Southwestern Europe. Chaste tree was introduced in Europe at an early time. Chaste tree was known in English gardens in 1570s and now it has been spreading all over the European continent. Chaste tree was introduced to American gardens by European immigrants in the beginning of the nineteenth century. Chaste tree has become naturalized in the southeastern United States. Furthermore Chaste tree has been occurring in Florida, Georgia and Alabama. Mississippi, Louisiana, Arkansas, and Texas, Southeast, Oklahoma and north to Maryland. Chaste tree is growing twenty-five feet high in the south and the shrub of chaste tree can grow nine to seventeen feet tall1.

HABITAT AND CULTIVATION

The chaste tree, which is native to the Western Asia and Mediterranean region, today has been cultivated in several subtropical areas of the world. This useful tree has been naturalized in many regions of the world. The ripe berries of chaste tree can be collected during autumn.

1 http://www.stevenfoster .com/edıcation/monograph/vitex.html 11.07.2009 - 16:25

Horticultural literature describes two varieties of Chaste tree. One variety of chaste tree is Alba which is white lilac chaste tree and the second variety is latifolia which is hardy lilac chaste tree.

Chaste tree thrives with plenty of water in wet conditions, also it grows well in drier conditions too, chaste tree which is known as though and hardy plants, sheds all its leaves during the winter months. Chaste tree can be very tender, vulnerable and also susceptible to a late frost. Chaste tree can be protected with a covering of straw or mulch in very cold areas, especially when it is a very small tree.

Before the buds of chaste tree begin to swell, the cuttings must be put in light, well-drained soil early in the spring. The buds must be watered regularly and they will take root. The technique of layering can be also used. When bending the young branches to the ground, one must be extremely careful because the branches have the tendency to split. The branches are covered with a very thin layer of sail and are watered in dry weather; as a result they take root in one year. In March one must set out the cuttings however be on the alert for frost. Chaste tree has the tendency to sucker therefore it is an excellent idea to trim them to shape the shrub and concentrate the tree's energy on the fruiting shoots and top flowering1.

The flowers of chaste tree are often boasted for the excellent beauty. The colors range from white to lilac to blue and they arrive during the summer or early autumn. As a result that chaste tree is preferred by many people: It blooms at a time not many other flowers boom, it also makes a lovely ornamental shrub as well. Experts say that the chaste tree will not give fruit in cool climates because of the simple fact that fruiting will need the heat of the summer to develop. One must know that the trees should be given very little water during flowering and fruiting so that fruit production developed greatly. When chaste tree is over watered, it can be reduced the fruit set 2.

KEY CONSTITUENTS

Researchers can date the key constituents in the chaste tree which are considered responsible for its medicinal effects. Yet, it has been investigating that the berries contain iridoids which is known as glycosides, like agnuside and aucubin; besides they contain almost 1% of flavonoids such as orientin, casticin, isovitexin, kaempferol and quercetagetin. The flavonid content is highes in the leaves (upto 2, 7 %) and in the flowers (nearly 1, 5 %). The chaste tree doesn't contain estrogens; instead of this, it contains progesterone, testosterone,

1 http://www.floridadata .com/ref/v/vitex_a.cfm 11.07.2009 - 16:48

2 http://www.floridadata .com/ref/v/vitex_a.cfm 11.07.2009 - 16:48

epitestosterone, hydroxy progesterone and and-restenedione in its flowers and leaves. It is known that the chaste berry has a characteristic spicy aroma; it also assumed that it is its essential oils that lend it this scent. The chaste berry oil contains ingredients like monoterpenes cineol or what is known as Volatile oil, also pinene, along whith limonene, myrcene, eucalptol, linalool, citronellol, castine, and others, plus quite a few sesquiterpenes. Vitricine, an alkaloid, is also an important ingredient 1.

KEY ACTIONS

The chaste berry has evident, different a separate actions on men and women. Most of time, chaste berry is given to women, so that the actions of the pituitary gland are responsible for the regulation of the hormones in a woman's body and the two main hormones that the chaste tree regulates estrogen and progesterone. Most disorders in the reproductive system are in effect caused by the imbalance of these two important hormones. For example, the symptoms of premenstrual syndrome are caused by an imbalance in the hormones, and this can be affectively treated by the chaste tree. Acne is major problem during the time of menopause and the onset of puberty and this problem can be handled best with the help of chaste tree. The chaste tree is given men to depress the male androgen hormones, which are responsible for the male sex drive. Yet, this may not be the best option for a man, and this may be the reason why the chaste tree is rarely, if ever, given to a male 2.

CLINICAL RESEARCHES AND SIDA EFFECTS

According to some researchers who have been investigating the chaste tree and its various properties over several years, it can be proved that chaste tree definitely has a certain amount of hormonal properties that would have a distinctive affect on the body. Still, researchers can't date the exact constituents which responsible for this effect. Some researchers think that chaste tree reduce the action of male androgens or sex hormones on the body, but some researchers in Germany who conducted a research in 1988 think that the chaste tree possesses a progesterogenic effect. Chaste tree provides relief to women who suffer PMS (Premenstrual syndrome), furthermore chaste tree helps in improving fertility.

There have been no real reported side effects among the people who use chaste tree. Nevertheless there have been some reports of minor gastrointestinal upsets and mild skin

1 http://en.wikipedia.org/wiki/vitex_agnus_castus 11.07.2009 - 16:48

2 http://www.mountainvalleygrowers.com/vitagnus.htm 11.07.2009 - 16:48

rashes with itching in less than 2 percent of the women monitored while they were on chaste tree treatment. As a rule, chaste tree is not recommended for women during pregnancy 1.

TRADITIONAL AND CURRENT USAGE

One of the most useful purposes of chaste berry can be the regulation of female hormones. The chaste tree help to balance estrogen and progesterone production during the menstrual cycle by increasing progesterone production and this is one of the reason why several western herbalists prefer the chaste tree for the treatment of menstrual problems, for example premenstrual syndrome and the symptoms which accompany it, irregular or absent periods, and other related disorders. Bloating, tenderness, breast swelling, irritability and depression are among the several symptoms of PMS. The discomfort related to these symptoms can be reduced considerably with the help of chaste tree. If one starts to experience the benefits, the chaste berry must be taken for several months.

Irregular periods can be regulated with the herb of chaste tree: While a longer cycle can be shortened, a shorter can be lengthened. Disorders related to menstrual cycle, like for example migraine and acne, can also be handled with the chaste berry. Infertility which is related to the decreased levels of progesterone can be alleviated and can be increased the production: besides the production of milk can be increased with the help of chaste tree. Other medical uses are Homeopathy and breast cancer 2.

PARTS USED AND SOLVED

Berries are used 3.

KEY PROPORTIONS USAGE AND WARNING

Chaste tree is advised to take 40 drops of concentrated liquid in the mornings which . is in extract form. It can also be taken in the farm of powders and capsules. These should be taken first thing in the morning. But it must be known that chaste tree is not a fast acting herb in the body, especially it must be remembered that chaste tree should be used continuously for almost for to six months for relieving the women who suffer premenstrual syndrome. Those women who suffer from amenorrhea and infertility are often advised to continue treatment

1 http://en.wikipedia.org/wiki/vitex_agnus_castus 11.07.2009 - 17:13

2 www.herbs2000.com 11.07.2009 - 17:45

3 www.herbs2000.com 11.07.2009 - 17:45

with chaste tree for 12 to 18 months, without stopping in between, until pregnancy occurs. Chaste tree is not recommended for women during pregnancy 1.

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2. http://www.floridadata .com/ref/v/vitex_a.cfm

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1 http://en.wikipedia.org/wiki/vitex_agnus_castus 11.07.2009 - 17:45

YELLOW DOCK

Latin : Rumex Crispus

English : Yellow Dock

Turkish : Evelik

HISTORY

In the past ,the leaves were eaten as a spring tonic,but now only the root is used.It

was also used as a salad vegetable and cooked green.

The early settlers to North America quickly learned abaout poison ivy.One old time cure was boiled yellow dock mixed with vinegar and applied to the sores.

The Iroquois used tea made from the roots to treat upset stomach,kidney problems and general bowel problems,Many tribes,including the Black Foot,Paiute,and Shoshone,

Used the topically by applying the mashed root to sores and swellings.

Sorrel is an ingredient of a Native American anticancer remedy known as Essiac, which also includes burdock , slippery elm and chinese rhubard.Western herbalist learned of it early in the 20th century when a Canadian nurse observed the recovery of a breast cancer patient who had used the Formula some twenty years previously.This nurse began using it with great success; and despite attempts to extract the Formula for financial gain ,she stood firm in giving it out to whomever needed it without charge.Despite the successfull treatments,no proper clinical trials have ever been undertaken when it was understood that it could not be [1]exploited.

The Aztecs called it “atlinan “,meaning “it is mother is water”.This referred to the plants preferance in growing in streambeds.They also called it “axixpatlicoztic” ,meaning “yellow urine medicine” ,which refered to its use as a diuretic, in a 1629 treatise entitled

1 www.healt.howstuffworks.com 19.08.2009 / 20:07

Heathen Superstitions that Today Live Among the Indians Native to this new Spain, a cleric described an Aztec remedy using the herb in an enema to treat stomachache and fever .The roots and leaves were also ground and sprinkled on wounds and sores.

In Europa ,the herb has been used as purgative since the time of ancient Greeks.Dock leaves were also used to treat scrofulous sores,sore eyes ,and glandular swellings.To cure itchy skin the leaves were bruised ,mixed with butter ,land or cream and placed on the area .

The Mennonites used the plants as a blood purifier and treated many liver ailments with it.

Ancient Arap physicians recommended the plant for hepatits and poor digestion.

Although considered by many to be another useless weed ,it is one often torgeted by herbicide procuders, along with other medicinal “weeds” ,including the dandelion and burdock.

HABITAT AND CULTIVATION

Curly dock grows in a wide variety of habitats,from open fields to transition areas where it gets direct open field to transition areas where it gets direct sunlight only part of the day.Although it prefers slightly moist soils,it can tolerate dry rocky or sandy soil as well.In drier conditions it tends to produce seed and die back earlier in the year,in august or september depending on how dry it is.In hot ,dry summers it is best to harvest this herb in areas where it receives direct sunlight herb in areas where it receives direct sunlight only part of the day as the soil conditions in these areas will be more moist.

In cool , wet summers it is best to harvest this herb in areas where it receives direct sunlight only part of the day as the soil conditions in these areas will be more moist . In cool ,wet summers it is best to harvest curly dock in open areas with good drainage.

Curly dock is primarily distinguished by its leaves which have elangated blades with curly margins which it gets its name.In Ontario it is the most common species.The roort will tend to be larger in sandy soils and smaller in clay soils.

The roots should be harvested after the flowering stolk and most of the larger basal leaves have died back.That can be as early as september when teh conditions are dry

,but is more agriculture.Succeeds in most soils preferring a moist moderately fertile well drained soil in a sunny position.

Yellow dock grows abundantly troughout the United States and its root is used medicinally.The plants genus name ,rumex is derived from Latin , meaning “lance “, referring to the shape of leaves and crispus means “curly “ also in reference to the leaves to the leaves shape.Succeeds in most soil,prefering a moist moderately fertile well drained soil in a sunny position typically late october to the end of november as with most root herbs which leave a dried stalk that is easy to recognize after the aerial parts of the plant die back.It is the roots of the three to four years old plants,that are preferred.

Plants this age tend to produce two to three flowering stalks,whereas two year old plants produce one,and older plants usually produce more than three in any given year.

Growing almost anywhere ,it is found especially in grassy places ,waste ground,roadsides and near sand dunes .[1]

The plant does not need any help in growing ,it is doing very nicely in Britain where it is a serious weed of agriculture .A very important food plant for the caterpillars of many species of butterfly.

GOOD CHEMICAL

Yellow Dock Root include anthraquinone glycosides (nepodin, emodin, chrysophanol), tannins, resins, oxalates and iron. It also contains varying amounts of phosphorus, vitamins A and C and calcium. Yellow Dock is valued even more so today as one of the best available sources of iron. Its high iron content makes it beneficial for treating anemia and pregnant women.

Composition

Figures in grams (g) or miligrams (mg) per 100g of food.

- 21 Calories per 100g
- Water: 92.6%
- Protein: 1.5g; Fat: 0.3g; Carbohydrate: 4.1g; Fibre: 0.9g; Ash: 1.5g;
- Minerals - Calcium: 74mg; Phosphorus: 56mg; Iron: 5.6mg; Magnesium: 0mg; Sodium: 0mg; Potassium: 0mg; Zinc: 0mg;

1 http:/www.vitalitymagazine.com/node/1547 19.08.2009 / 21:07

Vitamins - A: 1.38mg; Thiamine (B1): 0.06mg; Riboflavin (B2): 0.08mg; Niacin: 0.4mg; [1]

KEY ACTIONS

Yellow Dock is thought to purify the blood supplied to the glands, improving the flow of bile and digestive fluids. Yellow Dock has also been used to help improve bladder and liver functions, as well as reduce bowel inflammation and glandular swelling. This herb can be used to treat some cases of jaundice and skin eruptions associated with toxicity of the intestines.

Another use for Yellow Dock is as a laxative to help relieve mild constipation. Yellow Dock is believed to improve the function of the kidneys, liver, lymph glands and intestines, thus aiding the body's natural cleansing processes. It has been used to help the body eliminate pollutants, including heavy metals, such as lead and arsenic. One may even cook and eat Yellow Dock as a potherb, which is thought to improve vision. Yellow Dock helps to free up iron stored in the liver, thus making it more available to the rest of the body. Topically, the crushed leaf of Yellow Dock soothes stings from nettle plants and can also be added to a tooth powder for spongy gums and to a gargle for laryngitis. Salves, poultices or compresses of this herb have been used for eczema, hives, itchy skin, scabies and ringworm.

The name Dock is applied to a widespread tribe of broad-leaved wayside weeds, having roots possessing astringent qualities united in some with a cathartic principle, rendering them valuable as substitutes for Rhubarb, a plant of the same family.

Although now, in common with the Sorrels, assigned to the genus Rumex, the Docks were formerly ranked as members of the genus Lapathum, this name being derived from the Greek word, lapazein (to cleanse), an allusion to the medicinal virtues of these plants as purgatives, the word stil surviving in the name of one of the species, Rumex Hydrolapathum.

CLINICAL RESEARCH

The root is alterative, antiscorbutic, astringent, cholagogue, depurative, laxative and mildly tonic. It used to be sold as a tonic and laxative. It can cause or relieve diarrhea according to the dose, harvest time and relative concentrations of tannin (astringent) and anthraquinones (laxative) that are present. It is used internally in the treatment of constiation,

1 www.henriettesherbal.com 19.08.2009 / 21:28

diarrhea, piles, bleeding of the lungs, various blood complaints and also chronic skin diseases. Externally, the root can be mashed and used as a poultice and salve, or dried and used as a dusting powder, on sores, ulcers, wounds and [1]various other skin problems.

Plants For A Future can not take any responsibility for any adverse effects from the use of plants. Always seek advice from a professional before using a plant medicinally.

Alterative; Antiscorbutic; Astringent; Cancer; Cholagogue; Depurative; Homeopathy; Laxative; Poultice; Salve; Tonic.

Curled dock has a long history of domestic herbal use. It is a gentle and safe laxative, less powerful than rhubarb in its action so it is particularly useful in the treatment of mild constipation.The plant has valuable cleansing properties and is useful for treating a wide range of skin problems.All parts of the plant can be used, though the root is most active medicinally. The root is alterative, antiscorbutic, astringent, cholagogue, depurative, laxative and mildly tonic.It used to be sold as a tonic and laxative.It can cause or relieve diarrhoea according to the dose, harvest time and relative concentrations of tannin(astringent) and anthraquinones (laxative) that are present.It is used internally in the treatment of constipation, diarrhoea, piles, bleeding of the lungs, various blood complaints and also chronic skin diseases.Externally, the root can be mashed and used as a poultice and salve, or dried and used as a dusting powder, on sores, ulcers, wounds and various other skin problems.The root has been used with positive effect to restrain the inroads made by cancer, being used as an alterative and tonic. The root is harvested in early spring and dried for later use. Some caution is advised in its use since excess doses can cause gastric disturbance, nausea and dermatitis.The seed is used in the treatment of diarrhoea.A homeopathic remedy is made from the fresh root, harvested in the autumn before frost has touched the plant.It is only used in the treatment of a specific type of cough.

PARTS USED

The root, collected late in the summer or autumn after the fruiting tops have turned brown. They are washed, either left entire or split lengthwise into halves or quarters, and carefully dried.

1 http://herbalremedies.com/yellow-dock-information.html 19.08.2009/ 21:37

KEY PREPARATIONS

Internally – Yellow dock is frequently used as a laxative in cases of low stomach acid. It helps the flow of bile to help absorb nutrients from food. Dock can improve a sluggish digestive system and associated problems like liver dysfunction, acne, headaches and constipation. It is used to treat anemia as well as poor quality hair, skin and nails. It has also been used to treat swollen glands, fibroids and vaginitis.

Externally – It can treat cuts, rashes, swellings, burns, boils, wounds, bleeding hemorrhoids and bites from digs and insects. It can also relieve the sting of nettles.

Other Uses – Yellow dock can be added to soups or eaten as cooked greens to increase iron, vitamins, minerals and bioflavonoids in the diet.

Some people experience mild diarrhea when taking yellow dock. If you start having abdominal pain, nausea or vomiting, call your doctor. Do not take if you take medications that decrease your blood calcium like diuretics or Dilantin. Also, do not use if you have kidney or liver disease or an electrolyte imbalance.

Using excessive amounts of the herb can create a blood disorder known as metabolic acidosis and make a life-threatening calcium deficiency. If you show signs of low blood calcium like seizures, fatigue, confusion, numbness around the mouth and muscle spasms, stop taking it at once and call your doctor.

If you have disease of the gastrointestinal tract like esophageal reflux or divrticulitis, avoid this herb. If taking as a laxative, do not use for longer than one week at a time.

Yellow dock can be taken as capsules, herbal tea or tincture. Dock is high in iron, and can be taken as tea several times per day treat anemia.

For a tincture, take 1 teaspoon every 2 to 8 hours for a few days for constipation. Root mixtures can be applied to the skin as a poultice, or fresh or boiled leaves can be placed directly on external irritations.

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COMFREY

Latin :Symphytum officinale

English :Comfrey

Turkish:Karakafesotu

A Short History1

Comfrey, Symphytum officinale, was a common plant of ditches and other damp places in England. It also existed in Europe. It found a role in folk medicine very early and was reputed as the medieval herbalist's favourite bone-setter. The plant is a bushy, hairy perennial growing up to three feet high (900 mm) with wide, deep green, spear-shaped leaves. It has thick mucilaginous roots which in times gone by were dug in Spring, grated up and mixed with water to form a kind of plaster, which was applied to broken bones and fractures, much as a plaster is today. It set well, but a lot of its worth was due to the presence of allantoin, which aided the healing process. The whole plant has been used as a wonder herb from drawing splinters to healing ruptures.
In addition to the medical uses, Comfrey has always found popularity as a fodder crop for all kinds of grazing animals.

The 1870's to early 1900's saw Comfrey peak as an agricultural crop in England. The press was full of discussion on yields and varieties and numerous monographs were produced. The agricultural journals of the time were filled with discussion on the uses of Comfrey, its propagation, yields, etc. Due to the enormous interest, Comfrey was analysed for the first time by a Dr. Auguste Voelcker, consulting agricultural chemist to the Royal Agricultural Society of England. His conclusions were that "Comfrey has the same feeding value as green mustard, turnip tops or Italian ryegrass grown on irrigated land."

During ancient times, comfrey baths were popular before marriage to repair the hymen and thus restoring virginity.

Since 400 BCE, early Greek physicians have used comfrey to stop bleeding, treat bronchial problems, heal wounds, and mend broken bones.

1 http://hillsandplainsseedsavers.blogspot.com/2007/05/comfrey-short-history.html 21/07/2009 13:44

During the Irish potato famine of the 1840s, an Englishman named Henry Doubleday became convinced that the world could be saved from hunger and suffering by using comfrey. He established a charitable organization to research the cultivation and use of the plant that exists to this day and continues to publish pamphlets and books on its usage.1

Habitats

Woodland Garden; Sunny Edge; Dappled Shade; Shady Edge; Hedgerow; Cultivated Beds;

Habitats2

Woodland Garden

Sunny Edge

Dappled Shade

Hedgerow

Cultivated Beds

Cultivation 3

The comfrey bed should be well prepared by weeding thoroughly, and dressing with manure if available. Offsets should be planted 2-3 feet apart with the growing points just below the surface, whilst root segments should be buried about 2 inches deep. Keep the bed well watered until the young plants are established. Comfrey should not be harvested in its first season as it needs to become established. Any flowering stems should be removed as these will weaken the plants in its first year.

Mature comfrey plants can be harvested up to four or five times a year. They are ready for cutting when about 2 feet high, and, depending on seasonal conditions, this is usually in mid-Spring. Comfrey will rapidly regrow, and will be ready for further cutting about 5 weeks later. It is said that the best time to cut comfrey is shortly before flowering, for this is when it is at its most potent in terms of the nutrients that it offers. Comfrey can continue growing into mid-Autumn, but it is not advisable to continue taking cuttings after early Autumn in order to

1 http://www.innvista.com/health/herbs/comfrey.htm 21/07/2009 16:20

2 http://www.pfaf.org/database/plants.php?Symphytum+officinale 21/07/2009 15:10

3 http://en.wikipedia.org/wiki/Comfrey 21/07/2009 14:00

allow the plants to build up winter reserves. As the leaves die back and break down in winter, nutrients and minerals are transported back to the roots for use the following spring.

Comfrey should be harvested by using either shears a sickle or a scythe to cut the plant about 2 inches above the ground, taking care handling it because the leaves and stems are covered in hairs that can irritate the skin. It is advisable to wear gloves when handling comfrey.

Plant Constituents of Comfrey 1

Allantoin (0.6-0.8%) which strengthens epithelial formations

calcium

mucilage

starch

tannin

Vitamin B12

Action 2

Anodyne [an agent that soothes or relieves pain]

Astringent [a binding agent that contracts organic tissue, reducing secretions or discharges of mucous and fluid from the body]

Demulcent [a substance that soothes inflamed mucous membranes and protects them from irritation]

Emollient [an agent used externally to soften and soothe]

Expectorant [an agent that promotes the discharge of mucous and secretions from the respiratory passages]

Hemostatic [an agent that controls bleeding]

1 http://www.globalherbalsupplies.com/herb_information/comfrey.htm 21/07/2009 14:30

2 http://www.globalherbalsupplies.com/herb_information/comfrey.htm 21/07/2009 14:30

Refrigerant [an agent that lowers abnormal body heat, relieves thirst and gives a feeling of coolness]

Historical or traditional use 1

Comfrey has a long history of use as a topical agent for treating wounds, skin ulcers, thrombophlebitis, bruises, and sprains and strains. Comfrey was used by herbalists to promote more rapid repair of broken bones, hence the common names boneset and knitbone. Topically, comfrey was also used to treat minor skin irritations and inflammation. Internally, it was used to treat gastrointestinal problems, such as stomach ulcers, and lung problems.

Clinical Trials 2

No significant clinical trials have been reported in humans. There is insufficient evidence of comfrey's value to justify clinical studies.

Which part to use for comfrey herbal tea 3

The leaves and roots are used for making the brew.

Making herbal tea

The standard way to make an infusion, unless otherwise specified, is to pour a cup of boiling water over the material to be infused, let it stand for 5 minutes, strain it, and drink it.

Fresh plant material

When the recipe refers to fresh plant material to be used, a 1/4 cup fresh material is used, following the method above.

Dried material

When the recipe refers to using dried material, use 2 teaspoons of material when making it.

Bark or seeds

1 http://www.abcvitaminslife.com/healthnotes/healthnotes.aspx?org=abcvitaminsl&contentid=2073000 21/07/2009 14:25

2 http://ezinearticles.com/?Comfrey-Symphytum-Officinale---Medicinal-Uses,-Interactions,-Side-Effects,-Dosage&id=459926 21/07/2009 16:15

3 http://www.ageless.co.za/comfrey.htm 22/07/2009 18:40

Should the recipe call for bark or seeds to be used, use 2 teaspoons of seeds or 1 tablespoon of bark.

Sweetening your infusion

You could sweeten your health drink with honey, should you so require, and a dash of fresh lemon juice may also enhance the taste.

Preparations1

Preparations of root and leaf parts are now less readily available. Tablets and other herbal extracts have been employed, but very dilute teas or decoctions are safer; however, internal use is not recommended. The herb is used in topical preparations including lotions, creams, salves, and poultices, and it is sometimes used as a gargle. Herbal authorities recommend that it can be employed externally for contusions, bruises, and sprains for up to 6 weeks during a year, but such use is rarely justified.

Dosage2

Every 100 grams of cream contains the equivalent of 25 grams of comfrey sap.

Precautions3

Comfrey is basically safe if you follow the recommended dosages and use it only externally. Never use any comfrey preparation on broken skin.

If you take comfrey internally as a beverage or in another form for a long period of time, you risk getting a liver disorder. There have also been cases of atropine poisoning from taking comfrey remedies by mouth. Plant collectors sometimes unknowingly mix together raw plant material from comfrey and belladonna, and the atropine poisoning is actually caused by elements in the belladonna plant. Always make sure you're using reputable commercial brands that have good quality manufacturing practices. And read the label carefully.

Don't use products made from comfrey root at all.

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1 http://www.herbalremediesinfo.com/comfrey-medicinal-uses.html 21/07/2009 14:10

2 http://www.mbmc.org/healthgate/GetHGContent.aspx?token=9c315661-83b7-472d-a7ab-bc8582171f86&chunkiid=104671 21/07/2009 15:00

3 http://www.alternativedr.com/comfrey.htm 21/07/2009 15:30

Limit your use of comfrey leaf

If you're pregnant, do not use comfrey products

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ANGELICA

Latin: Angelica Archangelica

English :Angelica

Turkish: Kekire

SHORT HISTORY

Angelica archangelica (hvonn) is a medicinal herb to Northern Europe, where it thrives and contains the greatest amount of bioactive components. It is believed to be one of few medicinal herbs originating in the northern hemisphere and was one of the plants that survived the ice age 8-10 thousand years ago.

The Vikings introduced the Angelica archangelica to Europe when they traded with Europeans. The herb was an important export item from Iceland up until around the year 1500 and was used as currency in trade.The angelica herb has been used in Iceland for 1100 years. The history of angelica archangelica dates back to the settlement of Iceland where this plant was considered one of the best medicinal herbs. The angelica was among the first vegetables grown in Scandinavia and most Icelandic farms had angelica patches.

The angelica has been known as the “Herb of the North “ , where it flourishes and its most potent variety is found. The Latin name, Angelica archangelica, is thought to originate from a story of a French monk in the seventeenth century. This monk is said to have dreamt of the Archangel Raphael pointing to the herb as a cure for plague.The angelica archangelica was a longstanding used in pagan healing rituals, offering magical powers of protection.1

HABITAT & CULTIVATION

By some botanists, this species of angelica is believed to be a native of Syria from whence it has spread to many cool European climates. It is occasionally found in cold and

1 www.sagamedica.com/history-and-science/angelica-archangelica/ 08.07.2009 16:21

moist places in Scotland, but is more abundant in countries further north, as in Lapland and Iceland.It is supposed to have came to this country from northern lattitudes about 1568. There are about thirty varieties of angelica, but this one is the only one officially employed in medicine.

Parkinson, in his Paradise in Sole, 1629, puts angelica in the forefront of all medicinal plants and it holds almost as high a place among herbalists today. Angelica archangelica (linn), also known as Archangelica Officinalis, is grown abundantly near London in moist fields. It is largely cultivated for medicinal purposes in Thuringia, and the roots are also imported from Spain.1

For this herb thrives, requires a deep moist fertile soil in shade or full sun. It tolerates a pH in the range 4.5 to 7.3. It is a very hardy plant, tolerating severe frosts without damage. Angelica is occasionally cultivated in the herb garden, mainly for its culinary uses. The plant has a pervading aromatic odour. The growing plant is untroubled by pests and diseases. It attracts bees and hoverflies to the garden, helping to create a natural balance of insect pests and predators.2

The angelica archangelica develops like a perennial herb. When they growing develop a round-shape shrub. During the summer it assumes a yellowgreen colouring; the adult species are large in size and reach 1.5 m in height. Plant which need at least a few hours a day of solar light. The angelica archangelica bears even very harsh temperatures, therefore it can be grown outdoors without feeling endangered by low temperatures. It is suggested watering these plants with 2-3 glasses of water only when the soil is perfectly dry, generally it needs to be watered about every 2-3 weeks. It is suggested fertilizing plants with fertilizers rich in nitrogen in the spring. It is also suggested a wide range insecticide to prevent to attack of aphids and cochineals at the end of the winter. It is recommended growing these medicinal plants in a soft, light and very well drained soil.3

KEY CONSTITUENTS & GOOD CHEMICALS

Angelica is brimming with antioxidants and is rich in vitamins A, B and E. Angelica is also abundant in niacin, magnesium and calcium.4

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3 www.gardening.eu/plants/medicinal-plants/angelica-archangelica/1327/stamp_m.asp 08.07.2009 16:56

4 www.associatedcontent.com/article/1691776/benefits-of-eding-angelica-archangelica.html 18.07.2009 20:38

The medicinal properties of angelica come mainly from its essential oil which is composed of constituents like alpha pinene, camphene, beta pinene, sabinene, alpha phellandrene, bornyl acetate, beta phellandrene, beta bisabolene, copaene, cryptone, cis ocimene, humulene oxide, limonene, myrcene, pentadecanolide, para cymene, rho cymenol, trans ocimene, terpinolene, terpinenol and tridecanolide and is extracted through steam distillation of its rhizome, seeds and the whole herb.1

KEY ACTION

Angelica, often called garden angelica or wild parsnip, can be used as a treatment for colic, gas, heartburn, improving circulation, warming the body and relieving stomach and bowel cramps. Teas or tinctures of the leaves are not as effective as those made from the root, the most medically active part of the plant. But the fresh root is poisonous and must be dried before it can be used. Traditional Chinese and Indian healers use angelica for treating gynecological problems, arthritis, abdominal pain, colds and flu. There are many herbs that have unique benefits on women's health. Nature has provided many natural remedies that have been used for centuries to reduce menstrual cramps and even aging. For centuries angelica has been used around the world to regulate menstruation, relieve cramping, menopausal distress, promote healthy circulation and balance hormones.2

The herb "Angelica" has been used as a medicine for centuries. It is also known as Dong-Quai, Dong-Quei, Dang-Qui, Archangelica Officinalis, Garden Angelica and Tang-Huei. Angelica effectively treats indigestion, gas and stomach cramps. It improves cardiovascular and bronchial disorders. The leaves and roots used as a tea treats insomnia, fevers, tooth aches, nervous headaches and rheumatism. American angelica (A.atropurpurea) and European angelica (Angelica archangelica) have been traditionally used for treating colds, headache, lung and bronchial disease. It has been used in oriental medicine to treat these health conditions. Today angelica is used as a main ingredient in various herbal formulations that are designed to balance hormones in women.3

Essential oil can be used as anti-spasmodic, carminative, depurative,diaphoretic, digestive, diuretic, hepatic, emenagague, expectorant, febrifuge,nervine, stimulant, stomachic

1 www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-angelica-essential-oil.html 18.07.2009 20:57

2 www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-angelica-essential-oil.html 18.07.2009 20:57

3 http://herbs.ygoy.com/health-benefits-of-angelica/ 18.07.2009 20:55

and tonic. It is also widely used as a flavouring in the food and beverage industries, due to the its sweet, spicy aroma.1

Angelica oil can be used to help in the treatment of dull congested skin, irritation, psoriasis, accumulation of toxins, gout, rheumatism, bronchitis, coughs, anemia, anorexia, flatulence, indigestion, fatigue,migraine, nervous tension and stress related disorders.2

Wild angelica can reduce the risk of bone fracture in female athletes with irregular menstrual cycles. It can also reduce the risk of fracture among people taking steroid treatment.3

CLINICAL RESEARCHES

Commission E, an organisation of Germany that studies the effectiveness and safety of herbal medicine recommends angelica for the treatment of flatulence and indigestion.

German studies also found angelica relaxes the windpipe and can effectively treat colds,bronchitis,flu and asthma.4

TRADITIONAL USAGE

Angelica has been used in magic and folk healing for thousands of years. For more than a thousand years, European angelica has been considered a magical herb. In the middle ages, people would make angelica leaf neckless to protect their children from witches and demonic spirits.

The appearance of angelica used as a defense against charges of witchcraft and consorting with demons. During the sixteenth and seventeenth centuries , a tea made with crushed angelica roods was usedas a preventative to being poisoned as well as to protect from being cursed by witches.

During the mid sixteenth century, whwn europe was fighting the bubonic plague , a monk had a vision of an angel who told him to use the plant to create a tonic that would cure

1 www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-angelica-essential-oil.html 18.07.2009 20:57

2 www.essentialoils.co.za/essential-oils/angelica.html 18.07.2009 21:03

3 www.spicesmedicinalherbs.com/angelica-perennial-herb.html 08.07.2009 17:16

4 http://herbs.ygoy.com/health-benefits-of-angelica/ 18.07.2009 20:55

the plague. He named the plant " angelica" in honour of the angel in the vision. During the seventeenth century angelica became popular for treating colds and other respiratory ailments.

In Asia ,where chinese physicians have used angelica since the beginning of history ,it was thought to be a tonic for all gynecological problems. Traditional chinese and indian healers still use angelica for treating gynecological problems , arthritis ,abdominal pain ,colds and flu .1

PARTS USED

Leaves –raw or cooked.they can be used as a flavouring in mixed salads. They are also used to sweeten tart fruits.

Stalks and yyoung shoots-cooked or raw. The stalks should be peeled , they can be used like celery. They can also be used to sweeten tart fruits and to make jam. They are often crystallised in sugar an used as sweets and cake decorations. The stems are best harvested in the spring.

An essential oil is obtained from the root and seeds , it is use as afood flavouring.

Rood –cooked

Seed –used as a flavouring in liqueurs

A tea can be made from the leaves seeds or roots.2

WARNINGS

It is harmful and dangerous for the environment. It is flammable . it irritates to eyes ,respiratory system and skin. İt may cause sensitisation by skin contact. It is very toxic to aquatic organisms, may cause longterm adverse effects in the aquatic environment. It may cause lung damage if swallowed. It keeps out of the reach of children. Avoid contact with skin and eyes. In case of contact with eyes, rinse immediately with plenty of water and seek medical advice.3

There is not enough scientific data to recommend Dong-Quai for use in children and it is not recommended due to potential side effects. Dong-Quai is not recommended during

1 www.associatedcontent.com/article/1691776/benefits-of-eding-angelica-archangelica.html 18.07.2009 20:38

2 www.ibiblio.org/pfaf/cgi-bin/arr.html?angelica+archangelica 08.07.2009 17:06

3 www.thegoodscentscompany.com/msds/md101653.html 08.07.2009 17:31

pregnancy due to possible hormonal and anticoagulant properties.there is a published report of miscarriage in a women taking Dong-Quai, although it is not clear that Dong-Quai was the cause. Dong-Quai is traditionally viewed as increasing the risk of abortion. There is insufficient evidence regarding the safety of Dong-Quai during breastfeeding.1

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1 www.nlm.nih.gov/medlineplus/druginfo/natural/patient-dongquai.html 18.07.2009 21:13

PINEAPPLE

Latin:Comosus

English:Pineapple

Turkish:Ananas

1.HISTORY OF USAGE

Pineapple ,grown in central and South America ,spread west Asia ,tropics areas of Africa and Europa.Christopher Columbus and his shipmates saw it fort he fist time in Guadeloupe in 1493 ,then again in Panama in 1502.The Spanish introduced it into the Philippines.The fruit was successfully cultivated in European hothauses and pineapple pit ,beginning in 1720.Pineapple cultivation in by U.S. companies began in the early 1900s on Hawaii.Dole and Del Monte began growing pineapple on the island of Oahu in 1901 and 1917,respectively.In 2005 Iceland started indoor commercial farming of pineapples through an extensive network of greenhouses near the volcanic ranges.In the USA in 1986 ,the Pineapple Research Institute was dissolved and its assets were divided between Del Monte and Maui Land.In Brazil tribal people have always regarded pineapple highly and have used it as a staple food and as an ingredient in some wines.When early explorers brought the pineapple back to Europa ,its sweetness and unusual appearance made the fruit a symbol of royal privilege.In the American colonies, the pineapple symbolized friendship and hospitality.Hosts who could provide such a rare exotic fruit made a statement about their high social standing.Pineapple were so popular ın colonial America that convectioners rented them to hauseholds by the day.Without fresh fruit on the board ,sailors who came across pineapple in the early ays of European exploration escaped scurvy by eating it ,a rich source of vitamin C. 1.

In the caribbean ,Spaniards found the people soaking pineapple sliced in salted water before eating.Ananas was a food and a symbol throughout the human history of the Americans.It was used as an anti-parasitic in the Philippines.Pineapple has been used in traditional tropical medicine for ailments ranging from constipation to jaundice. In Africa the

1 www.hort.purdue.edu/newcrop/morton/pineapple html-65k 07.2009-18:32

dried powdered root is remedy for edeme. In Indian herbal medicine, pineapple is thought to act as a uterine tonic.

2.HABITAT AND CULTIVATION

Pineapple is grown troughout hot regions and tropic American forests. In commercial farming, flowering cam be artifically induced and the early harvesting of the main fruits can encourage the development of a second crop of smaller fruits. The pineapple is native to South America but is now grown in North America,Cuba, South Africa, Australia and the Philippines. Once removed during cleaning, the top of the pineapple can be planted in soil and a new fruit bearing plant will grow in similar manner that a potato or onion will resprout from a cutting.

Climate: The pineapple is a tropical or near tropical plant limited (except in greenhouses) to low elevations between 30°N and 25°S. A temperature range of 65°-95°F (18.33-45°C) is most favorable, though the plant can tolerate cool nights for short periods. Prolonged cold retards growth, delays maturity and causes the fruit to be more acid. Altitude has an important effect on the flavor of the fruit. In Hawaii, the 'Smooth Cayenne' is cultivated from sea level up to 2,000 ft (600 m). At higher elevations the fruit is too acid. In Kenya, pineapples grown at 4500 ft (1371 m) are too sweet for canning; between 4500 and 5700 ft (1371-1738 m) the flavor is most suitable for canning; above 5700 ft (1738 m) the flavor is undesirably acid. Pineapples are grown from sea level to 7545 ft (2300 m) in Ecuador but those in the highlands are not as sweet as those of Guayaquil. Ideally, rainfall would be about 45 in (1,143 mm), half in the spring and half in the fall; though the pineapple is drought tolerant and will produce fruit under yearly precipitation rates ranging from 25 to 150 in (650-3,800 mm), depending on cultivar and location and degree of atmospheric humidity. The latter should range between 70 and 80 degrees.

Soil: The best soil for pineapple culture is a well-drained, sandy loam with a high content of organic matter and it should be friable for a depth of at least 2 ft (60 cm), and pH should be within a range of 4,5 to 6,5. Soils that are not sufficiently acid are treated with sulfur to achieve the desired level. If excess manganese prevents response to sulfur or iron, as in Hawaii, the plants require regular spraying with very weak sulfate or iron. The plant cannot stand waterlogging and if there is an impervious subsoil, drainage must be improved. Pure sand, red loam, clay loam and gravelly soils usually need organic enrichment. Filter presscake from sugar mills, worked into clay soils in Puerto Rico, greatly enhances plant vigor, fruit yield, number of slips and suckers. The land should be well prepared at the outset because the pineapple is shallow-rooted and easily damaged by post-planting cultivation.

Planting: In small plots or on very steep slopes, planting is done manually using the traditional short-handled narrow-bladed hoe, the handle of which, 12 in (30 cm) long, is used to measure the distance between plants. Crowns are set firmly at a depth of 2 in (5 cm); slips and suckers at 3 1/2 to 4 in (9 10 cm). Butts, after trimming and drying for several days, are laid in furrows and covered with 4 in (10 cm) of soil. The seedlings are planted when 15-18 months old and will bear fruit 16-30 months later. Vegetatively propagated plants fruit in 15-22 months.

Fertilization: Nitrogen is essential to the increase of fruit size and total yield. Fruit weight has been considerably increased by the addition of magnesium.

Irrigation: Irrigation is desirable only in dry seasons and should not exceed 1 in (2,5 cm) semi-monthly. 1

Manual weeding in pineapple fields is difficult and expensive. It requires protective clothing and tends to induce soil erosion. The use of paper or plastic mulch and timely application of approved herbicides are the best means of preventing weed competition with the pineapple crop.

Propagation: Crowns (or "tops"), slips (called nlbs or robbers in New South Wales), suckers and ratoons have all been commonly utilized for vegetative multiplication of the pineapple.

To a lesser degree, some growers have used "stumps", that is, mother plant suckers that have already fruited. Seeds are desired only in breeding programs and are usually the result of hand pollination. The seeds are hard and slow to germinate. Treatment with sulfuric acid achieves germination in 10 days, but higher rates of germination (75-90 %) and more vigorous growth of seedlings results from planting untreated seeds under intermittent mist.Harvesting: It is difficult to judge when the pineapple is ready to be harvested. The grower must depend a great deal on experience. Size and color change alone are not fully reliable indicators. Conversion of starch into sugars takes place rapidly in just a few days before full maturity. In general, for the fresh fruit market, the summer crop is harvested when the eye shows a light pale green color. At this season, sugar content and volatile flavors develop early and steadily over several weeks. The winter crop is about 30 days slower to mature, and the fruits are picked when there is a slight yellowing around the base. Winter fruit tends to be more acid and have a lower sugar level than summer fruit, and the harvest period is short. In manual harvesting, one man cuts off or breaks off the fruits (depending on the

1 www.herbs.2000.com/herbs/herbs_pineapple.htm-12k 10.07.2009-18:45

cultivar) and tosses them to a truck or passes them to 2 other workers with baskets who convey them to boxes. The harvested fruits must be protected from rain and dew. If moist, they must be dried before packing. All defective fruits are sorted out for use in processing.

Storage: Cold storage at a temperature of 40°F (4.44°C) and lower causes chilling injury and breakdown in pineapples. At 44,6-46,4°F (7-8°C) and above, 80-90% relative humidity and adequate air circulation, normal ripening progresses during and after storage. At best, pineapples may be stored for no more than 4-6 weeks. 1

3.KEY CONSTITUENTS

Pineapple contains a proteolytic enzyme bromelain, which digest food by breaking down protein. Bromelain are in the edible parts of the fruit.All commercially available bromelain is derived from the stem.pineapple is a healthy fruit, a good source of mangenese, as well as containing significant amounts of vitamin C.B1 and A vitamins are important constituents of pineapple.Pineapple also contains acetone and tryptophon2

4.TRADITIONAL AND CURRENT USAGE

Pineapple has been used in traditional tropical medicine for ailments ranging from constipation to jaundice.It was used as an anti-parasitic in the Philippines.In Africa the dried powdered root is remedy for edeme. In Indian herbal medicine ,pineapple is thought to act as a uterine tonic. Today there are numerous usages of pineapple.An enzyme found in pineapple is now used as a meat tenderizer.The leaf of some varietiesis a source of fiber for embroidery thread.The fibers of it can be used to produce the pina textile.Bromelain enzyme of pineapple has been proved effective in killing parasites such as worms.The enzymes of pineapple can interfere with the preparation of some food, such as jelly or other gelatin based desserts.As vegetable and fruit pineapple can be chose4n for salad.The pineapple is an old symbol of hospitality and can be seen in carved decorations.The root and fruit are either eaten or applied topically as an anti-imflammatory and as aproteolytic agent.A root decoction is used to treat diarrhea.Pineapple crowns are sometimes fed to horses.In modern therapy, it is employed as a digestive and for its anti-imflammatory action after surgery and to reduce swellings in cases of physical injures;also in the treatment of various other complaints. 3

5.KEY ACTIONS

1 www.herbs.2000.com/herbs/herbs_pineapple.htm-12k 10.07.2009-18:45

2 www.pnbkrishi.com/pineapple.htm-11k 10.07.2009-19:10

3 www.herbs.2000.com/herbs/herbs_pineapple.htm-12k 10.07.2009-19:20

Pineapple contains bromelain, a protein-splitting enzyme that has been shown to increase the bleeding time and reduced the aggregation of platelets.The sour, unriped fruit impoves digestion, increases appetite and relieves dyspepsia.The ripe fruit cools and soothes and it is used to settle gas and reduce excessive gastric acid.Its significant fiber content makes it useful in constipation.The juice of ripe fruit is a diureticThe leaves is considerd to be useful in encouraging the onset of menstrual periods and easing painful ones There is a significant evidence pointing to the anti-imflammatory benefits of bromelain.Pineapple juice is taken as a diuretic and to expedite labor, also as a gargle in cases of sore throat and as an antidote for seasickness. The flesh of very young (toxic) fruits is deliberately ingested to achieve abortion (a little with honey on 3 successive mornings); also to expel intestinal worms; and as a drastic treatment for venereal diseases. In Africa the dried, powdered root is a remedy for edema. The crushed rind is applied on fractures and the rind decoction with rosemary is applied on hemorrhoids. Indians in Panama use the leaf juice as a purgative, emmenagogue and vermifuge.Some have claimed that pineapple has benefits for some intestinal disorders while others claim that it helps to induce childbirth when a baby is overdue. 1

6.PARTS USED AND SOLVENT

Leaf, root, juice, flesh, rind, crowns are the used parts of pineapple.There is no information about solvent of pineapple. 2

7.RESEARCHS AND CLINICAL TESTS

In a clinical study, the combination of pineapple and amoxicillin increased the level of antibiotic in the blood. Some studies suggest that bromelain may increase the body’s ability to absorb tetracyline, but rasults of other studies have been conflicting. Until studies confirm these results, it would be wise to avoid combining pineapple and tetracycline. Studies with pineapple have produced mixed results. Some research suggests that pineapple increases the level of tetracycline in the body, while others indicate that it may cause more of the antibiotic to be excreted in the urine.

8.KEY PREPARATIONS, USAGE AND WARNING

Pineapple must have the rind and the leaves removed before it is used. It can be cut intorings, wedges or chunks. Remove the plume by cutting it at the crown with a sharp knife. Begin slicing the pineapple at the and where the plume was removed. Continue to cut the

1 www.drugs.com/npc/pineapple.html-35 10.07.2009-19:30

2 www.herbs.2000.com/herbs/herbs_pineapple.htm-12k 10.07.2009-19:45

pineapple into approximately1/2 inch thick slices. Cut slices to the end of the pineapple. To core the pineapple use a knife to cut around the hard center core of the pineapple. Prepare the salad with with the cubes or balls of pineapple and fill the cavity. Again the attached leaves add to the decoration. 1

To achieve abortion use a little pineapple with honey on 3 successive mornings. Fresh pineapple may cause irritation of the tip of the tongue in some cases. In this case dipp pineapple slices in a mildly saline aqueous solution.Due to its high acidity,some people believe that excessive pineapple consumption can lead to erosion of the stomach linig,but may not be true.Fresh pineapple may cause irritation of the tip of the tongue in some cases.Some may describe this sensation as a raw tingling.Dipping pineapple slices in a mildly saline aqueous solution will negate this effect and may also intensify the pineapple flavor.The enzymes in pineapple can be hazardousto someone.When unripe,the pineapple is not only inedible but poisonous,irritatingthe troat and acting as a dractic purgative.Excessive consumption of pineapple cores has caused the formation of fiber balls(bezoars) in the digestive tract. 2

Dosage: To take advantage of pineapple's healing powers, drink 3 ½ pounces of fresh pineapple juice three times daily before meals or eat a slice of fresh pineapple at each meal. 3

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TARRAGON

Latin : Artemisia Dracunculus

English : Tarragon

Turkish : Tarhun

HABITAT

The first time tarragon was used by Chinese B.C. 2000.Its homeland is Siberia.It was carried with Turks to Iran and Anatolian and also with the Crusades to Europe. Tarragon was spread from Turkistan to Turkey, Europa,India and China.1Tarragon has been a popular spice in Europe since the sixteenth century.arragon has three different types which is known French Tarragon,Russian Tarragon,Turkey Tarragon. Tarragon which is cultivated in Turkey and Turkıstan is similar to French Tarragon.2

CULTIVATION

Now,Tarragon is cultivated in so many area in Europe.It is cultivated in our country in Ankara,Gaziantep,Urfa,Erzurum.Generally if it is planted in rich and humus soil furthermore it is planted in sunny areas,tarragon become more fertile than the others.Tarragon is cut and tobunched from July to October.Firstly it is dried in airy and shade areas and after it is removed .If its vinegar will be made,it is used freshly.Its flowers aren't dried under the sunshine definitely.Whilst you can sow directly in shallow drills in the ground when soil temperature is around 55 – 60 ºF (15 ºC) beter results are achieved by sowing directly in pot sor seed trays in good seed compost.

Keep out of strong sun light until they have germinated and produced true leaves.3Tarragon is a pungent, bright gren perennial that as a warm flavor similar to Anise sed.Its soil sludges have a hot taste.They give nice smell off.Its flowers are gren,small and globe.The leaves are lanceolate, 2-10 cm long and 0,3-1 cm brood,gloosy gren with an entire magrin.Tarragon has an aorta and two sideven.Frnch tarragon 's leaves are divided in spring

1 http: // bitkilerin yararları.blogcu.com/terhunotu-11654121html/ 18.07.2009 20:40

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3 http: // bitkilerin yararları.blogcu.com/tarhunotu-11654121html/ 20.07.2009 01:32

and so it can increase.Russian tarragon (A. Dracunculoides L.)can be grown from seed but is much weaker when comparedto the French variety.1

KEY ACTION

We can arrange in order key actions of the tarragon ;

Harmless and effective appetizing

Digestion secretary increase and sodigestion can be easy

Disassemly of the stomach and intestinal gas

Diuretic

It has a stengthening tonic effect

It helps to resolve heartburn

It is used rheumatic disease

It strengthe the immune system

It is useful plant hold urine

Turns out the various intestinal worms

People are protected from cancer of the bowels and other organs

It is effective against hiccough and air swallowing

It is so useful for digestion difficulties,food disgust and stomach pain.

More water and salt in the body is run out

This is helpful for menstrual pain

Tarragon tea is used for insomnia

I is useful to the whole body and so provides long life and healthy living.2

1 http: //www.viable-herbal.com/singles/herbs/s466.htm 20.07.2009 01:44

2 http://www.devalokman.net/içerik.php?b/D=156 20.07.2009 02:00

OTHER APPLICATION AREAS

Tarragon is one of the four fines herbes of French cooking and particularly suitable for chicken,fish and egg dishes.Tarragon is one of the main componentsof Beornise sauce.Tarragon is used to flavor a popular car bonated soft drink in the countries of Armenia,Georgia and by extension,Russia and Ukranie in Slovenia,tarragon is used as a spice for sweet pastry called potica.Dried leaves of tarragon i used in vegetable soup,salad in all and in sauces,galantine,omelet,grilled salmon,boiled or baked chicken,vealond the sauce .Tarragon add tate to uninspired food.Tarragon can replaced sweet pepper,salt and vinegar.Tarragon oil is use as the same grass.It can participate to the foods 3-5 drops.1

ITS NATURAL MATERIALS

Leaves are rich in essential lodine, Vitamins A and C as well as trace elements and beneficial mineral salts.2

CLINICAL RESEARCHES

Clinical researches haven't been made yet, so it is a second class plant. But, up to now a side effect of tarragon haven't occured .3

TRADITIONAL AND CURRENT USAGE

The first time tarragon was used by Chinese people. It is known from the written document.The herb was used in Ancient Greece as a toothacheremedy,which seems logical,since it contains eugenol,a natural anesthetic.It was once believed that Tarragon Leaf could cure insect stings and snokebites as well as the bites f rabit gods.4

PARTS USED AND SOLVENT

In aromotheraph tarragon leaves, flowers and tiler are used by clistillation with the exile of steam and so oil is obtained.

Especially its leaves must be selected in summer and fall semester.Generally its leaves are collected and dried before Plants opening.5

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2 http://victorionanursery.co.uk/herb-seeds/russin-tattagon-seed 18.07.2009 20:19
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5 http://www.devalokman.net/içerik.php?b/D=156 19.07.2009 23.25

KEY PREPARATION-THEIR USAGE-WARNINGS

We add 25gr tarragon,10gr diil,10 gr balm to vinegar .After it is waited from the sun.

For medical use ; it has two different ways to prepare.

First; we add some tarragon to a liter water, after it is waited 10 minutes.

During the day we can drink 2 – 3 cup.

It can be added to vinegar ,sauce or mayonnaise.1

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SLIPERY ELM

Latin: Ulmus Rubra

English: Slipery Elm

Turkish: Karaağaç

History of Usage

Slipery elm is a large, deciduous tree that is native to North America and grows in the moist, well drained (but not waterlogged) woods of the eastern half of Canada and the United States. The tree may reach a height of sixty feet and may now also be found planted along streets, as well as in the forests throughout North America. Native American Indians were first to discover the healing powers of the Slippery Elm and found that when the tree's inner bark comes in contact with water, the gummy substance swells and produces a soothing , softening ointment. Native American applied it to heal wounds, when it dried , it becomes a natural bandage , and they also wrapped Slippery Elm Bark around meat to pervent spoilage. The English Settlers soon noticed its widespread use by Native Americans and included it into their medicinal applications for wounds , cold sores and boils.

Slippery Elm Bark was used during the American Revolution to treat gunshot wounds and in Valley Forge as a survival food. Mixed with water ,Slippery Elm Bark makes a highly nutritious and soothing gruel for children and for sick people of any age and the herb was once listed in the United States Pharmacopeia.1 Slippery elm(ulmus fulva) has been used as an herbal remedy in North America for centuries . It is also one of four herbs included in a popular therapy called Essiac that is promoted for cancer treatment. 2

Habitat and Cultivation

As mentioned earlier, the slippery tree is indigenuous to United States and neighboring Canada and grows naturally on the Appalachian mountains.The tree

1 http://www.herbalextractsplus.com/slippery.elm.cfm/ 04.07.2009 10:30

2 http://www.besthealth.com/besthealth/templates/ 04.07.2009 11:30

survives best at an altitude and dry soil . It reguires a moist atmosphere, but can't survive in sooked land.1It grows well in moisture –rich uplands ,but it will also grow in dry, intermediate soils. 2

The genus Ulmus contains 18 species of deciduous shrubs and trees.The bark ,particularly the innerbark and the branches of the tree have medicinal properties and are collected during the Spring.The bark is rough with vertical ridges.The slippery elm can grow to 18 to 20 meters in height in the spring, dark brown floral buds appear and at the branch tips.3

Key Constituents

Slippery elms main medicinal constituents are mucilage, which is composed of complex sugars and starches and tannis, which are plant-based astringents. It coats and soothes mucous membrones . 4It contains nexoses, pentoses and polyurondes5 .Nutrients found in slippery elm bark include: Straches

Sugars

Calcium

Iodine

Bromine

Amino acids

Manganase(trace)

Zinc(trace)

Key Actions

Slippery elm(ulmus fulva) has been used as an herbal remedy in North America for centuries. Native Americans used Slippery Elm in healing salves for wounds,boils, ulcers, burns and skin inflammation.It was also taken orally to relieve coughs, sore

1http://www.herbs.2000.com/herbs/herbs.slippery-elm.htm/ 06.07.2009 12:15

2 http://en.wikpedia.org/wiki/ulmus-rubra/ 06.07.2009 12:15

3 http://www.drugs.com./npp/slippery-elm.htm/ 06.07.2009 12:15

4 http://herbalmedicine.suıte/a/com/artıcle/cfm/ 07.07.2009 13:00

5 http://www.drugs.com/npp/slippery-elm.htm/ 07.07.2009 13:00

throats , diarrhea and stomach problems. There has been little scientific research on conditions.once that becomes a slick gel when mixed with water .It coats and soothes the mouth, throat ,stomach and intestines. It may also contain antioxidants that can help relieve inflammatory bowel conditions.

Sore throat

Cough

Gastroesophogeal reflux disease(GERD)

Crohn's disease and ulcerative colits.Diarrhea

Wounds,burns,boils and other skin confitions(external)1

Clinical Researches

While there has been little research on the slippery Elm.It has a long history of use based on clinical experience. Some of the conditions that seem to respond to slippery elm include:

Sore Throat

Cough

Mild respiratory ailments

Gastrits, peptic ulcer and other gastrointestinal conditions(external)2

It is a common ingredient in Traditional Chinese medicine and in Agurvedie Treatment Studies are showing that the herbs may be useful for inflammatory bowel disease .

Side Effects: Slippery Elm is quite safe.there are no known reasons to avoid its use during pregnancy or breast feeding Extract from slippery elm have caused contact dermatitis and the polen ha been reported to be allergenic . 3

Traditional and Current Usage

1 www.umm.edu/altmed/artıcles/slipper-elm-000374.htm/ 07.07.2009 13:00

2www/besthealth/com/besthealth/templates/ 08.07.2009 17:30

3 www.drugs.com/npp/slippery-elm.htm/ 08.07.2009 17:30

Native Americans found innumerable medicinal and other uses fort his tree.They and early Settlers used the inner drink.Surgeons during the American Revolution treated gun-sun shot wounds in this manner.Early settlers boiled bear fat with the bark to prevent rancidity.Slippery Elm was also used internally for conditions such as sore throats and diarrhea.1

Recently, the slippery elm has been used in connection with the health concerns such as sore throat ,cough, gastritis, heartburn.2

Parts Used and Solvent

Used Plant Part : The inner Bark

The inner bark is dried and powdered and used for medicinal purposes.3The whole bark is shave from the tree and after the outer bark is removed.The inner portion is dried usually under pressure so that it will remain flat.4

Solvents: Water, alcohol

Key Preparations Their Usage and Warning

Adjust the recommend adult dose to account for a child's weight.Most herbal dosages for adults are calculated on the basis of a 150 Ib(70kg)adult.

Adult:The following are recommend adult doses for slippery elm:

Tea: Pour 2 cups boiling water over 4 gram powdered bark and then step for 3-5 minutes. Drink three times per day.

Tincture: 5 ml three times daily.Take with a full glass of water.

Lozenges: Follow dosing instructions on label.

External applications: Mix coarse powdered bark with boiling water to make a poultice.5

1 http://www.truestorhealth.com/notes/2167004.hm/ 16.07.2009 15:30

2 http://www.drugs.com.npp/slippery-elm-htm/ 16.07.2009 15:00

3 www./umm/edu/altmed/artıcles/slippery-elm-000274.htm/ 08.07.2009 18:30

4 www.botanical.com/botanical/mgmin/e/elm/iog.htm/ 08.07.2009 18:30

5 http://www.drugs.com/npp/slippery-elm-htm/ 16.07.2009 17:35

Warning: Taking Slippery Elm with oral medications may decrease the absorption of these medications ; therefore it may be a good idea to take slippery elm several hours before or after herbs or medications you may be taking.

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http://www.drugs.com/npp/slippery-elm.htm/

http://herbalmedicine.suıte/a/com/artıcle/cfm/

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www./umm.edu/altmed/articles/slippery-elm-000274.htm/

www.botanical.com/botanical/mgmin/e/elm/iog.htm/

CARAWAY

Latin: Carum Carvi

English: Caraway

Turkish: Karvi

SHORT HISTORY AND USAGE

Caraway is believed to have been cultivated and consumed in Europe longer, than any other spices species. Seed, found in ancient debris in Switzerland should be a proof for it. It has been found in prehistoric foods remains from 3500 B.C. The ancient Egyptians loved the aromatic seeds. They were recommended for digestive upsets in their medical documents dating 1500 B.C.1

Caraway was well known in classic days, and it is believed that its use originated with the ancient Arabs, who called the 'seeds' Karawya, a name they still bear in the East, and clearly the origin of our word Caraway and the Latin name Carvi, although Pliny would have us believe that the name Carvi was derived from Caria, in Asia Minor, where according to him the plant was originally found. In old Spanish the name occurs as Alcaravea. 2

Caraway was initially brought to Britain by the Romans, but was not cultivated until much later. Caraway spread up the Nile valley from Egypt to the Sudan and it has been found cultivated only as a garden herb in East Africa.
In the Middle Ages in England, chopped caraway leaves were added to soups and salads, but the seed was more highly regarded as a medicine than a spice.
Throughout the history, in Europe, the Middle East, and early America, caraway was a favorite addition to laxative herbs because it tempered their frequently violent effects.

The oil extracted from the fruits is used as an ingredient of alcoholic liquors: both the Russians and the Germans make from Caraway a liqueur, 'Kummel,' and Caraway enters into the composition of l'huile de Venus and other cordials.

1 http://www.food--history.blogspot.com/2008/10/history-of-caraway.html 05.07.09-13:15

2 http://www.botanical.com/botanical/mgmh/c/carawa20.html#his 05.07.09-13:23

HABITATS AND USAGE

Originating in temperate areas and meadows, besides paths and in clearings. A shortishherb, it has a delicate, grooved, hallow stems with numerious compaund leaves, the basal ones big, the upper ones smaller.

The five-lobed pink flowers are arranged in sparse umbels. The fruit is a mercorp 2/10(1/2) long, tapered and curved, with shallow, paler ridges.

Cultivation:

Site: Requires ful sun.

Soil: Rich loam. Do not let soil dry out; the best plants are grown with continuous watering.

Propagating: Can be grown from cuttings; is easily cultivated from seed. Sow outside in late spring or early autumn, in shallow drils in permanent position.

Growing: thin seedlings to 20cm(8in) apart, when large enough to handle. Its long taproot makes transplanting difficult. Can be grown as an indoor herb if kept in sunny position.

Harvesting and Storing: Gather leaves when young; use fresh. Dig up roots in the second autumn and cook as a vegetable. Pick seed heads in late summer or when seeds are Brown. Snip stalks before seeds fall, te in bundles and hang the seed heads upside-down over an open container when drying.1

KEY CONSTITUENTS AND GOOD CHEMICALS

Figures in grams (g) or miligrams (mg) per 100g of food.

Leaf (Fresh weight)

253 Calories per 100g

Water: 7.2%

Protein: 20g

1 SCHULER Stanly, Herbs and Spices, New York, 1990, P:36

Fat: 4.4g

Carbohydrate: 55.8g

Fibre: 11.9g

Ash: 12.6g

Minerals - Calcium: 1784mg

Phosphorus: 543mg

Iron: 48.8mg

Magnesium: 451mg

Sodium: 208mg

Potassium: 3308mg

Zinc: 3.3mg

Vitamins - A: 0mg

Thiamine (B1): 0.42mg

Riboflavin (B2): 0.28mg

Niacin: 2.8mg

B6: 1.5mg

C: 0mg

Seed (Fresh weight)

333 Calories per 100g

Water: 9.9%

Protein: 19.8g

Fat: 14.6g

Carbohydrate: 49.9g

Fibre: 12.6g

Ash: 5.9g

Minerals - Calcium: 689mg

Phosphorus: 568mg

Iron: 16.2mg

Magnesium: 258mg

Sodium: 17mg

Potassium: 1351mg

Zinc: 5.5mg

Vitamins - A: 363mg

Thiamine (B1): 0.38mg

Riboflavin (B2): 0.38mg

Niacin: 3.6mg

B6: 0mg

C: 0mg1

KEY ACTIONS

Anesthetic (local, topically - essential oil)

Antiseptic (essential oil)

Antispasmodic (essential oil)

Appetite Loss

1 http://www.pfaf.org/database/plants.php?Carum+carvi 05.07.09-13:07

Breast Milk Stimulant

Breath Freshener

Bronchitis

CNS-Stimulant (essential oil)

Colds

Colic

Coughs

Digestive Upsets

Distension

Fever

Flatulence

Gall Bladder Cleansing

Gastrointestinal Upsets

Intestinal Worms (essential oil)

Liver Cleansing

Local Anesthetic (essential oil)

Menstrual Disorders

Pain Relief (topically - essential oil)

Toothache (essential oil)

Worms (essential oil)[1]

TRADITIONAL AND CURRENT USAGE

1 http://www.florahealth.com/flora/home/Canada/HealthInformation/Encyclopedias/CarawaySeeds.htm 06.07.09-18.23

The ancient Egyptians loved the aromatic seeds. They were recommended for digestive upsets in their medical documents dating 1500 B.C.1

Ancient Greeks prescribed caraway seeds for bringing color back into the faces of girls with pale complexions. The seeds were eaten by the Romans to relieve indigestion, and its roots were cooked and eaten like carrots or turnips.2

Parkinson declared them, when young, to be superior in flavour to Parsnips. Mixed with milk and made into bread, they are said to have formed the 'Chara' of Julius Ceasar, eaten by the soldiers of Valerius. 3

In Shakespeare's Henry IV, the character Falstaff is invited to have a serving of baked apples and caraway to aid the digestion and relieve gas. Nineteenth-century American Eclectic physicians (doctors who recommended herbs), such as Harvey Felter, pointed out the seeds not only promote digestion but also ease the symptoms of children suffering from digestive colic.4

The seeds are used for spicing a wide variety of bakery products, cooked meats, salads, pickles and drinks: the characteristic flavour of caraway derives from the essential oil, which is extracted from small channels within the seeds. This oil is valued in pharmacology as an antispasmodic and carminative; it is used in perfumery and also in preparations such as gargles and mouthwashes, having some antibacterial properties. More recently it has been discovered that the largest constituent of the oil, carvone, has potential uses as an insect repellent, as a suppressant of sprouting in stored potatoes, and for inhibiting the growth of some fungi.5

Some uses of caraway:

Internal use

Caraway is used to aid the digestion, and is recommended for indigestion, gas, and infant colic since time immemorial.

Antispasmodics, which are present in caraway, are thought to relax the uterus and may provide relief from menstrual cramps.

1 http://www.food--history.blogspot.com/2008/10/history-of-caraway.html 05.07.09-13.15

2 http://www.growingherbs.org.uk/herbs/how_to_grow_caraway.htm 05.07.09-13.32

3 http://www.botanical.com/botanical/mgmh/c/carawa20.html#his 05.07.09-13:23

4 http://www.mitamins.com/library/Herb/Caraway.html 06.07.09-18:16

5 http://www.biomatnet.org/secure/Crops/S580.htm 05.07.09-13:42

Breastfeeding mothers take it to help produce more milk and it is also used for hiatus hernia, stomach ulcers, diarrhea and bronchitis and is added to laxative medication to prevent griping.

The chewing of caraway seeds is a popular way of aiding digestion after a meal.

External use. Used as a gargle for laryngitis. Aromatherapy and essential oil use

The essential oil is used for its antiseptic, anti-spasmodic, aperitif, astringent, cardiac, carminative, digestive, disinfectant, diuretic, emmenagogue, expectorant, parasiticide and stimulant properties.

Caraway essential oil is used to ease mental strain and boost energy while settling digestive disorders, detoxifying the body, increasing milk in breastfeeding mothers and helping the skin disperse bruises.

It is also helpful in reducing boils, acne and other skin problems and seems to liven pale complexions.1

PARTS USED AND SOLVENTS

Leaves; Root; Seed.2

KEY PREPARATIONS AND THEİR USSAGE AND WARNINGS

The dosage for caraway seed given as a medicinal tea is as follows: Pour (150 ml) of boiling water over 1-2 teaspoons of freshly crushed caraway seeds and steep 10-15 minutes, then strain. Drink the warm infusion two to four times a day in between meals. For infants and small children, one teaspoon is given two to four times daily. Caraway seed oil can be given with the dosage of 2 to 3 drops on a sugar cube. Do not exceed 6 drops per day. Caraway Seeds can also be consumed directly with a daily dosage range of 1 to 5 grams. Do not exceed 6 grams per day.

1 teaspoon = 3.5 g.3

Caraway is generally safe for internal use. However, the purified volatile oil should not be used by children under two years of age, as oil from caraway and other herbs in the

1 http://www.ageless.co.za/herb-caraway.htm 06.07.09-18:32

2 http://www.pfaf.org/database/plants.php?Carum+carvi 05.07.09-13:07

3 http://www.florahealth.com/flora/home/Canada/HealthInformation/Encyclopedias/CarawaySeeds.htm 06.07.09-18:20

Umbelliferae family can be irritating to the skin and mucous membranes. Large amounts of the oil (several times higher than the dosages listed above) may be potentially abortifacient and neurotoxic and should be avoided, especially by pregnant women.1

REFERENCE

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http://www.botanical.com/botanical/mgmh/c/carawa20.html#his

SCHULER Stanly, Herbs and Spices, New York, 1990

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http://www.growingherbs.org.uk/herbs/how_to_grow_caraway.htm

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http://www.ageless.co.za/herb-caraway.htm

http://www.florahealth.com/flora/home/Canada/HealthInformation/Encyclopedias/CarawaySeeds.htm

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1 http://www.mitamins.com/library/Herb/Caraway.html 06.07.09-18:16

WILD THYME

Latin :Thymus Vulgaris

English :Wild Thyme

Turkish :Dag Kekigi

HISTORY[1]

Thyme is an herb whose story weaves throughout human history. Historians believe that the ancient Sumerians were the first to cultivate thyme, possibly as early as 5,000 years ago. The Sumerians were the first to discover thyme's antiseptic properties and used it as an anti-fungal and a disinfectant.

Thyme was as popular in ancient Greece as it is today. Many say the modern genus name, Thymus, comes from the Greek thymos (also spelled thumos), which embodies the Greek concept of "spiritedness," indicating courage. Others say Thymus comes from the Greek word meaning "to fumigate." The ancient Greeks would compliment someone by saying that they smelled of thyme. They burned thyme incense in their temples, used sprigs of thyme to preserve wine and fruit, drank thyme tea to prevent nightmares, and grew thyme to nourish their beehives and provide them with a well-known scented honey that is still made on Mount Hymettus today as it was thousands of years ago.

The ancient Romans gave thyme to people who seemed melancholic or shy in the belief that thyme's cheery scent could cure them. Pliny the Elder, who took some thyme plants with him when he moved away from Rome, recommended burning thyme as it "puts to flight all venomous creatures," and the belief that thyme smoke repelled scorpions was especially widespread. The Romans adopted the Greeks' symbolism of thyme, with warriors adding thyme to their baths before battles to give themselves a boost of bravery. They used thyme to flavor cheeses and liquors. They also introduced thyme to the British Isles, where it escaped cultivation to become a common sight on slopes and cliffs, where it still grows today.

1 http://medicinal-plants.suite101.com/article.cfm/a_brief_history_of_thyme 28-07-09 12:48

CULTIVATION[1]

Botanical and Common Name - Thymus is the botanical name and thyme is the common name.

Plant Category - Thyme is an evergreen perennial herb.

Hardiness Zones - Thyme is hardy zones 4-9 depending on the variety.

Bloom Time & Color - Thymus species plants usually have tiny, fragrant flowers that appear in late spring through summer and the flowers are usually white, pink or purple.

Foliage - Thyme leaves are highly aromatic and are the source of the essential oils once used for medicinal purposes. Now thyme foliage is the part of the herb used for cooking. Thyme leaves are small and usually green or gray-green except some bush species which have variegated foliage.

Growth Habit - Thyme grows primarily in two different forms; “Creeping Thyme” which is a spreading form of thyme and “Bush Thyme” which grows into a more upright, shrubby plant.

Dimensions - Creeping thymes grow 2-8” tall and 12” wide while bush thymes grow about 1’ tall and wide.

HABITAT[2]

Preferred Conditions - Thyme prefers full sun to part shade and well-drained soil. In fact, one expert has recommended a thick layer of gravel mulch to keep the roots of the thyme from sitting in overly wet soil, especially during rainy seasons.

Maintenance - Thyme should be mulched during the winter months to prevent frost heaving so the gravel mulch would be suitable for use all year. As thyme spreads and grows the inner stems can become woody and die back a bit, especially in the center. After the thyme is about four years old, or as needed, gently cut out any woody dead parts and replant the rooted outside parts of the plant.

1 http://perennial-plants.suite101.com/article.cfm/plant_profile_thyme_thymus 21-07-09 12:58

2 http://www.toddcaldecott.com/thyme.html 21-07-09 13:08

Pests or Diseases - Thyme has no major pests or diseases.

KEY CONSTITUENTS1

The key constituent in Thyme is the essential oil, which comprises upwards of 1-2.5% of the plant, including the monterpenes thymol (30-70%), carvacrol (70%) and thymol methyl ester (1.5-2.5%), as well as p-cymene, linalool, alpha-terpineol and thujan-4-alcohol. Other important constituents include flavonoids, including methylated flavones, phenolic glycosides and aliphatic alcohols, as well as biphenyl compounds, phenolic acids such as rosmaric acid, resins and tannins.

KEY ACTIONS2

Thyme is a powerful antiseptic. It is used in cases of anemia, bronchial ailments, and intestinal problems. It is used as an antiseptic against tooth decay, and destroys fungal infections as in athlete's foot and skin parasites such as crabs and lice. It is good for colic, flatulence, sore throats, and colds, as well as a digestive aid and a hangover remedy. Infusions of thyme are said to be good for headaches, and has been shown to be beneficial for coughs related to colds and flu as well as whooping cough, as the active constituents are known to loosen and expel mucous. Thyme infusion is also soothing and healing for skin irritations, muscle spasms, and fungal infections. This plant contains a constituent that is helpful for preventing blood clots.

The essential oil is used in aromatherapy to boost the mind, spirit, and body. The vapor from the essential oil is used to treat respiratory infection. Taken internally oil of thyme is known to be poisonous in amounts of a teaspoon, as it is very strong. It may be too strong for many people externally as well, so caution is advised. Thyme oil or infusion can be added to the bath to aid rheumatism and bronchial difficulties.

Thyme is a good plant for bees, providing them with a nutritious pollen, and imparting a delicious flavor to their honey. Its clusters of purple flowers attract bees readily. The dried flowers and leaves of thyme are said to protect cloth from insects. Burning thyme also repels insects. Oil of thyme is diluted and used externally as a deodorant and antiseptic that can prevent mildew. An ointment made with thyme said to be good for warts. Culpeper writes that it is useful to help the new mother expel the afterbirth, and that an ointment made of the

1 http://www.disabilityuk.com/health/herb_encyclopedia/thyme.htm 21-07-09 13:38

2 http://www.healthline.com/natstandardcontent/thyme-thymol/2 21-07-09 14:02

leaves is useful for treating warts, as well as easing the discomfort of gout, and kills worms internally.

The plant's actions are considered to be disinfectant, antiseptic, anodyne, anti-inflammatory, rubefacient, antitussive, apertif, carminative, demulcent, depurative, diaphoretic, digestive, diuretic, expectorant, fungicide, nervine, pectoral, sedative, stimulant, and vermifuge.

There are no known contraindications at this time, although some people are very sensitive to the essential oil, so patch tests are appropriate.

Most commonly the leaves and stems are used.

SIDE EFFECTS AND WARNINGS1

Although not well studied in humans, thyme flowers and leaves appear to be safe in culinary and in limited medicinal use. Caution is warranted with the use of thyme oil, which should not be taken by mouth and should be diluted when applied on the skin due to potentially toxic effects.

Side effects of thyme taken by mouth may include headache, dizziness, hypotension (low blood pressure), bradycardia (slowed heart rate), heartburn, nausea, vomiting, diarrhea, gastrointestinal irritation, muscle weakness, and exacerbated inflammation associated with urinary tract infections. Use cautiously in patients with gastrointestinal irritation or peptic ulcer disease.

Taking thyme oil by mouth may also cause seizure, coma, cardiac arrest, or respiratory arrest. High doses of thyme or thyme oil may elicit tachypnea (rapid breathing). Inflammation of the eye and nasal mucosa has also been reported with exposure to thyme dust.

Topical application of Listerine® antiseptic solution to a chronic parenchyma of the toe has caused inflammation of the skin. Avoid topical preparations in areas of skin breakdown or injury, or in atopic patients. As an ingredient in toothpaste, cases of inflamed lips and tongue have been attributed to thyme oil.

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1 http://medicinal-plants.suite101.com/article.cfm/a_brief_history_of_thyme 28-07-09 12:48

CHEMICAL RESEARCH1

Theoretically, thyme may decrease levels of thyroid hormone. Patients taking thyroid replacement therapy or anti-thyroid agents should use cautiously. Monitoring may be necessary.

Although not well studied in humans, thyme may interact with agents with estrogen or progesterone receptor activity. Examples of agents that may be affected include hormone replacement therapies and birth control pills.

Topical (applied on the skin) thymol may increase the absorption of 5-fluorouracil. Caution is advised in chemotherapy patients, as 5-fluorouracil is often used in cancer chemotherapy. Consult with a qualified healthcare professional, including a pharmacist, to check for interactions.

Although not well studied in humans, thyme may interact with herbs with estrogen or progesterone receptor activity. Caution is advised when combining thyme with other herbs and supplements with proposed hormonal effects, such as black cohosh.

TRADITIONAL USAGE2

The Sumerians were the first to discover thyme's antiseptic properties and used it as an anti-fungal and a disinfectant. ." The ancient Greeks would compliment someone by saying that they smelled of thyme. They burned thyme incense in their temples, used sprigs of thyme to preserve wine and fruit, drank thyme tea to prevent nightmares, and grew thyme to nourish their beehives and provide them with a well-known scented honey that is still made on Mount Hymettus today as it was thousands of years ago. The Romans adopted the Greeks' symbolism of thyme, with warriors adding thyme to their baths before battles to give themselves a boost of bravery. They used thyme to flavor cheeses and liquors. In Egypt, thyme was one of the herbs used in embalming. In the Middle Ages, European ladies embroidered bees hovering over sprigs of thyme on the scarves of their knights, a continuation of the association between thyme and bravery. In the Scottish Highlands, warriors of long ago drank thyme tea to boost their courage and strength before going into battle.

Today Traditional uses of thyme include for coughs and upper respiratory congestion; it continues to be one of the most commonly recommended herbs in Europe for these

1 http://www.healthline.com/natstandardcontent/thyme-thymol 21-07-09 14:15

2 http://www.innvista.com/health/herbs/thyme.htm 21-07-09 14:29

indications. The German Commission E (expert panel), has approved thyme for symptoms of bronchitis, whooping cough, and catarrh (inflammation of upper respiratory tract mucous membranes).

PARTS OF THYME PLANT USED1

Dried or partially dried leaves and flowering tops.Aerial parts, essential oil (garden thyme only), flowering tops.we can boil all used parts of thyme in waterThyme leaves are highly aromatic and are the source of the essential oils once used for medicinal purposes. Now thyme foliage is the part of the herb used for cooking. Thyme leaves are small and usually green or gray-green except some bush species which have variegated foliage.

KEY PREPARATIONS2

Herbal medicinists use thyme in infusions, extracts, teas, compresses, bath preparations and gargles. Recent studies indicate that thyme strengthens the immune system. The distilled thyme oils are used commercially in the production of antiseptics, toothpaste, mouthwash, gargle, hair conditioner, dandruff shampoo, skin cleanser, various toiletry items, potpourri, and insect repellent. It is an ingredient in commercial expectorants and antispasmodics prescribed for whooping cough and bronchitis.

WARNINGS

Although not well studied in humans, thyme flowers and leaves appear to be safe in culinary and in limited medicinal use. Caution is warranted with the use of thyme oil, which should not be taken by mouth and should be diluted when applied on the skin due to potentially toxic effects.

1 http://homecooking.about.com/od/foodhealthinformation/a/thymehealth.htm 21-07-0914:46

2 http://www.healthline.com/natstandardcontent/thyme-thymol/2 21-07-0914:36

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MARSHMALLOW

Latin : Althaea Officinalis

English : Marshmallow

Turkish : Gülhatmi Cicegi

HISTORY

Althaea Officinalis also known as; Altea, Common Marshmallow, Ghasul, Hatmi, Lviscus, Khatmah, Khitmi, Mallow, Malvavisco, Usu-beni-Tati-Aoi, White Mallow, Althaea Officinalis.

Usual name Althaea is formed by altho, (in Greek altho means; to cure). It has an important feature as quick-healing. Other known name Malvaceae comes from the Greek word Malake(soft) because of the Mallows special qualities in softening and healing. 1It has benn also used as a delicious and special vegetable.

“Among the Romans and the Chinese Marshmallow was one of their delicacies. It was said by Prosper Alpinus that kind of marshmallow was eaten by the Egyptians.“

Poorer inhabitants of Syria including Fellahs, Greeks and Armenians had to live on just enough food or they had to eat herbs for weeks and Marshmallow was one of the most common.2

When boiled end fried with onions and butter, the roots are said to form a particular taste also in times of scarcity, this plant was collected for food.

“Horace, Mortial ang Virgil praised special features of Mallow especially the laxative properties.Dioscorides extols it as remedy and used as decoration of the graves of friends”

Due to mucilage in it the Arab physicians used the leaves as a paultice to supress inflammation.1

1http://www.diet-and-health.net/Naturopathy/marshmallow.html 05.07.2009 17:30

2 http://en.wikipedia.org/wiki/Althaea_officinalis 04.07.2009 20:45

HABITAT AND CULTIVATION

"Althaea Officinalis is widespread among Europe, from Denmark southward. Even though it prefers a rich moist soil in a sunny position, it can be grow in almost any soil and situation.

It has also endurance od fairly dry soil conditions and hardy to about -25°C.

Marshmallow can cultivate in the herb garden as a culinary,medicinal herb and for ornament.

Its roots were used to source of the sweet named "Marshmallow" but it is now made without using the roots."2

Due to a dense covering of stellate hairs,they are soft and velvety on both sides. The delicate stalks inside the plants are connected into a tube,the anthers ,kidney-shaped and one-celled.

The plants produces flowers during August and September and followed,as in other species of this,round fruit called popularly "cheeses".

It is planted in term of cold frame of spring or autumn. When it's ripe in late summer it gives the best result. To make seeds grow is often erratic. Stratification can effect germination rates and time. When they are large enough to handle. Prick out the seedlings into separate pots and plant them out in the summer.

Dividing in spring or autumn is quite easy; pot up the divisions in a shaded position in a cold frame or green hause until they are growing away and then plant them into their permanent positions. Roots reaps in December.3

KEY CONSTITUENTS&GOOD CHEMICAL

The root contains about %37 starch,

%35 mucilage,

%11 pectin,

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1 http://sifalibitki.hekimce.com/bitki=althaea%20officinalis 05.07.2009 18:15

2http://pfaf.org/database/plants.php?/althaeaofficinalis 06.07.2009 18:30

3http://pfaf.org/database/plants.php?/althaeaofficinalis 06.07.2009 18:30

%7 minerals,

%2 asparagine,

vitamin C, raw sugar.

The leaves can be eaten raw but are rather fibrous and somewhat hairy.1

KEY ACTIONS

Antitusiv : Demulcent,diuretic,emollient,laxative,odontolgic.

Adhesive : Fibre; oil ; teeth

An infusion of the leaves is used treatment of cystitis and frequent urination.

The root can be used in an ointment for treating boils and abscesses.

To make a paper the stem and roots are used.

The dried and powdered root can be used in medicinal area to bind the active ingredients.

Also a glue can be made from the root. The root is boiled in water until i thick syrup is left in the pan, this syrup is used as a glue.

An oil from the seed is used in making paint and varnishes.2

CHEMICAL RESEARCH & SIDE EFFECT

Clinical trials says: Marshmallow used alone are available for any specific health condition. Traditional use and laboratory usage support to medicinal use of Marshmallow. Mallow-containing products has some effects in skin conditions in according to limited studies.3

“Although clinically unproven, marshmallow may interfere with the absorbtion of medications taken by mouth. Therefore, ingestion of marshmallow several hours before or after other agents may be warranted.”

1 http://www.diet-and-health.net/Naturopathy/marshmallow.html 05.07.200917:30

2 http://pfaf.org/database/plants.php?/althaeaofficinalis 06.07.2009 18:50

3 http://healthline.com/notstandardcontent/marshmallow 07.07.2009 21:00

The potential of marshmallow to cause allergic reactions or low blood sugar has been noted. But this plant is generally regarded as safe.

Althaea extract can be used in pill-making and an aid to x-ray exams of the esophagus. Inflammatory skin conditions (eczema, psoriasis) used marshmallow. Safety,dosing and effectiveness compared to other anti-inflammatory agents have not been examined.1

TRADITIONAL & CURRENT USAGE

The Chinese, Egyptians, Fellahs, Greeks and Armenians usedsome sort of Mallow in their food.

Pliny said:"Whoever shall take a spoonful of the Mallows shall that day be free from all diseases that may come to him."2

Marshmallow is still very useful hausehold medicinal herb. Its soothing demulcent properties make it very effective in treating inflammations and irritations of the mucous membranes such as the alimentary canal, the urinary and the respiratory organs. The root conters excess stomach acid,peptic ulceration and gastritis it is also applied externally to bruises,sprains,aching muscles,insect bites,skin inflammations and splinters.3

PARTS USED & SOLVENT

The whole plant,especially the root, is demulcent,diuretic,emollient,laxative,odontolgic. The root can be used in an ointment for treating boils and abcesses.

Leaves-raw or cooked. They are used as a potherb or to thicken soups. When used as a small proportion with other leaves ,the taste ant texture is good but if a lot of th leaves are cooked together their mucilaginous texture makes them undelicious. The leaves can be eaten raw but are rather fibrous and somewhat haiy,thhough the taste is mild and pleasant.

Root-raw or cooked. When boiled and then fried with onions it is said to make a palatable dish that is often used in times of shortage.

The water left over from cooking any part of the plant can be used as an egg-white substitute in making meringues etc.

1 http://healthline.com/notstandardcontent/marshmallow 07.07.2009 21:00

2 http://www.diet-and-health.net/Naturopathy/marshmallow.html 05.07.2009 17:30

3 http://en.wikipedia.org/wiki/Althaea_officinalis 04.07.2009 20:45

A tea is made from the flowers and the root.

The dried root is used as a toothbrush or is chewed by teething children. It has a mechanical affect on the gums whilst also helping to ease the pain.

The root is also used as a cosmetic,helping to soften the skin.1

KEY PREPARATIONS & THEIR USAGE & WARNINGS

The below uses are based on tradition,scientific theories, or limited research. They often have not been thoroughly tested in humans, and safety and effeciveness have not always been proven.

Some of these conditions are potentially serious, and should be evaluated by a qualified healthcare provider.2

Skin inflammatory conditions: 5-10 grams of marshmallow in ointment or cream base or %5 powdered marshmallow leaf has been applied to the skin three times daily.

Daily oral doses of 5 grams of marshmallow leaf, or 6 grams of root have been suggested by mouth.

Oral and pharyngeal irritation: 2 teaspoons chopped root in 1 cup of water,soaked for 2 hours

then gargled.3

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1) http://www.diet-and-health.net/Naturopathy/marshmallow.html

2) http://en.wikipedia.org/wiki/Althaea_officinalis

3) http://sifalibitki.hekimce.com/bitki=althaea%20officinalis

4) http://healthline.com/notstandardcontent/marshmallow

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1 http://www.diet-and-health.net/Naturopathy/marshmallow.html 05.07.2009 17:30

2 http://healthline.com/notstandardcontent/marshmallow 07.07.2009 21:00

3 http://sifalibitki.hekimce.com/bitki=althaea%20officinalis 05.07.2009 18:15

Latin:Ceratonia Siliqua

English:Carob

Turkish:Keçi boynuzu

CAROB

‘Ceratonia Siliqua is the scientific name of the carob tree.It’s name derives from Greek.The term ‘carat’;the unıt by whıch diamond weight is measure red,is also derived from Greek word keretion alluding to an ancient practice of weighing gold and gemstones against the seeds of the carob tree by people in the middle East.The system was eventually standarized and carot was fixed at 0,2 grams’1

‘This tree grows up to 10 metres tall.The crown is brood and semi-spherical,suported by a thick trunk with Brown rough bark and sturdy branches.Leaves are 10-20 centimetres (3.7 – 7.9 in) long ,alternate, pinnate,and mayo r may not have a terminal leaflet.It is frost-tolerant.Most carob trees are diaecious.The trees blassom in autumn (september-october).The flowers are small and numerous,spirally arranged along the inflorescence axis in catkin-like racemes borne on spurs from old wood and even on trunk.They are pollinated by both wind and insects.2
Carob was eaten in Ancient Egypt.It was also a common sweetener and eas used in the ‘ Hieroglyph for sweet ’

Dried carob fruit is traditionally eaten on the Jewish holiday of Ju Bishvat.Carob juice drinks are traditionally drunk during the Islamıc month of Ramadan.Carob pods were an ımportant source of sugar before sugarcane and sugarbeets became widely available.3

1 http://en.wikipedia.org/wiki/Carob_tree 23.15 29.08.2009
2 http://en.wikipedia.org/wiki/Carob_tree 23.15 29.08.2009
3 http://en.wikipedia.org/wiki/Carob_tree 09.19 29.08.2009

The analysis of the carob germ meal (containing fine fragments of husk and endosperm)which could be reely obtained ındustrially,showed the following composition :measure 8.3%,ash 6.5%,lipids(neutral and polar)6.6% containing 21% of polar lipids ,crude proteins 54,7% and linoleic acid (44,5%) were the major fatty acids white palmitic acid white palmitic acid (16.2%)and stearic acid (3.4%)were the main saturated ones.1

There is no side effet of Ceratonia siliqua.There are so many advantage of this plant.There are some of useful feature of this plant.There are some of useful feature of this plant.2

This plant is used for get beter the illness like diarrhea,vomit and infection of intestine and stomach.3

The Carob genus, Ceratonia, belongs to the Fabaceae (Legume) family, and is believed to be an archaic remnant of a part of this family now generally considered extinct. It grows well in warm temperate and subtropical areas, and tolerates hot and humid coastal areas. As a xerophytic (drought-resistant) species, Carob is well adapted to the ecological conditions of the Mediterranean region. Trees prefer well drained loam and are intolerant of waterlogging, but the deep root systems can adapt to a wide variety of soil conditions and are fairly salt-tolerant. While previously not believed to form nitrogen fixation nodules typical of the Legume family, trees have been identified more recently with nodules containing bacteria believed to be from the Rhizobium genus. Although used extensively for agriculture, Carob can still be found growing wild in eastern Mediterranean regions and has become naturalized in the west.] The carob tree is typical in the southern Portuguese region of the Algarve, where it has the name alfarrobeira (for the tree), and alfarroba (for the fruit), as well as in southern Spain (Spanish: algarrobo, algarroba), Malta (Maltese: Ħarruba), on the Italian islands of Sicily and Sardinia (Italian: carrubo, carruba), and in Southern Greece as well as many Greek islands such as Crete and Samos. The common Greek name is Charoupia ,[Ελληνικά: χαρουπιά]. In Turkey, it is known as "keçiboynuzu", meaning "goat's horn" The various trees known as algarrobo in Latin America (Albizia saman in Cuba and four species of Prosopis in Argentina and Paraguay) belong to a different subfamily, Mimosoideae.4

Carob, dried or roasted and having a slightly sweet taste, in powder or chip form, is used as an ingredient in cakes and cookies. Carob is sometimes used as a substitute for

1 http://www.sciencedirect.com/science?_ob=articleURL_udi 13.45 29.08.2009

2 http://www.sciencedirect.com/science?_ob=articleURL_udi 15.12 29.08.2009

3 http://en.wikipedia.org/wiki/Carob_tree 16.15 29.08.2009

4 http://en.wikipedia.org/wiki/Carob_tree 17.30 29.08.2009

chocolate. The seeds, also known as locust beans, are used as animal feed. They are also the source of locust bean gum, a thickening agent used in numerous processed foods. In Egypt, carobs are consumed as a snack. Crushed pods are used to make a refreshing drink. Compotes and liqueurs are made from carob in Turkey, Malta, Portugal, Spain and Sicily. Carob has proven effective in relieving diarrhea in infants.In Libya, a syrup is extracted from carob named rub used as a complimentary to Asida meal.

CHICORY

Latin: Cichorium Intybus

English: Chicory

Turkish: Hindiba

HISTORY OF USAGE

Chicory is a perennial plant indigenous to Europe, India and Egypt. It was introduced to the US in the late 19th century. Europeans and early American settlers harvested the chicory root and used it as a substitute for coffee.

Chicory is known in Egypt since the period of Pharaoh. Besides a Greek physician Dioskorides pointed out that chicory is a plant, which strengthens digestive system. A physician Galien stated that it was benefited from chicory in order to be protected against an eye diseases and poisons1.

HABITAT AND CULTIVATION

Chicory grows best in open field, along roadsides and around waste areas. It is possible to see this plant in Istanbul and almost all Anatolia. It is a plant, which originates from the Mediterranean. Moreover, it is commonly seen in all of the world. Especially, it is cultivated in France, Belgium, Netherlands, etc.

It is very easy to grow this plant. In fact it is harvested without any care at all. Because of this particularity of chicory, it is acceptable to consider this plant as invasive.

Chicory's blue flowers are commonly seen growing along roadsides. These flowers are open early in the morning and are closed by midday. Young plants also require frequent watering.

1 KOÇ, Hüseyin, Bitkilerle Sağlıklı Yaşam, Ankara, 2002, p: 193

It grows as a weed in temperate climates and is widely cultivated in northern Europe. There are two types of chicory: one of these plants is BRUNSWICK, the other is MAGDEBURG… Brunswick has deeply cut leaves and generally spreads horizontally.

Magdeburg has undivided leaves and grows erect. In addition, chicory has blue flowers that bloom from July to September1.

KEY CONSTITUENTS

Chicory contains inulin and glycoside in its roots; it contains inulin in its leaves. It is rich in termes of vitamins. In its leaves, it contains riboflavin, thiamin, nicotinic acid which belong to group B and % 5- 175 mg Vitamin C. In its roots, it contains tannin, resin, pectin, inulin, colin, fructose, levulose, manan, etc. In analysis conducted, it was determined that chicory contains % 40-50 inulin, bitter and tarry substances, colin, diverse acids, % 93- 120 mg Vitamin C and Vitamin K. In its milk, it has bitter substances (lactusin, lactucopicrin, taraccesterol). In its flowers, it has sicorine glycosides 2.

TRADITIONAL AND CURRENT USAGE

Chicory has been mentioned as a special skin nourisher by ancient herbalists. A tea made from the pale blue flowers of this plant was said to give glowing skin 3.

KEY ACTIONS

Chicory is often recommended as a medicinal herb for treatment of gout or dermatitis. It is also considered as a tonic. Moreover, this plant is used in order to treat diseases of the liver, kidney and spleen. Chicory may be useful for certain conditions including constipation, diarrhea, cancer and cardiovascular disease. In addition, it is used for dyspepsia or as an appetite stimulant.

Chicory is a topic herb when taken in moderate quantities. It increases the discharge of urine. It is also a stimulant and effective laxative. This herb helps the functions of liver and gallbladder. It is one of the richest source of Vitamin A which is very useful for the eyes. This herb is also used for the treatment of anemia, liver complaints, respiratory disorders and obstructed menstruation.

1 www.liveandfeel.com/medicinalplants/chicory 18.07.2009 - 19.35

2 YALÇIN, Ayhan, A dan Z ye Şifalı Bitkiler Ansiklopedisi, İstanbul 1986, p. 548

3 Ibid, p. 548

Drinking chicory regularly is largely useful on one's health. If many individuals suffering from stomach acid stop drinking coffee, they may be well practically overnight. In that context, chicory can be a secondary cause of improved health 1.

PARTS USED AND SOLVENT

It is benefited from chicory's young leaves, roots and flowers.

Roots are used to cure jaundice, spleen problems and constipation. The milky juices of the leaves are used to promote the production of bile. Leaves are used for gastritis, lack of appetite and digestive difficulties. The flowers are used to make a yellow dye and the leaves are used to make a blue dye.

The dried, roasted and ground roots can be steeped in boiling water to make a coffee. The young leaves can be boiled for delicious spinach. Roots, leaves and flowers are boiled and made a tea. This tea provides relief from skin irritations like bee stings and poison ivy as well as from cold sores, upset stomach. In addition, chicory's roots and leaves are used as a vegetable 2.

RESEARCH AND CLINICAL TESTS

Studies conducted on rats show that inulin in chicory seems very effective in promoting propionic fermentation and enhances the calcium content of the intestines. A reduction in intestinal absorption of glucose was observed in rats. It was demonstrated that lipid metabolism was improved in rats fed inulin containing chicory extract. This effect possibly was due to changes in absorption or synthesis of cholesterol. Chicory's inulin type fructans have potential to benefit many conditions or disease states including constipation, infectious dierrhea, cancer, cardiovascular disease and diabetes 3.

KEY PREPERATIONS, USAGE AND WARNINGS

When we squeezed its water and mixed up fennel water, it makes jaundice good. When its leaf is hammered and put over the pimples, there is no pain. It also cleans the sputum over the chest. It decreases the heat of blood and ballast. When we add olive oil to its squeezed water, we can use it for the wasp sting and snakebites. Milk, which is produced from its root, polishes the whiteness of eye.

1 http://jxb.oxfordjournals.org/cgi/content/full 18.07.2009 - 20.40

2 BAYTOP, Turhan, Türkiye'nin Tıbbi ve Zehirli Bitkileri, İstanbul 1963, p. 414

3 http://www.naturalstandard.com 18.07.2009 - 20.40

Tea, which is produced from the roots of chicory, is used for the treatment of jaundice, liver diseases, malaria, respiratory disorders, cough, eczema and kidney sickness, stomache and stomach ulcer. This tea regulates the level of digestion and faciliates digestion. Because it is easy to digest 1.

DOSAGE

There is no recent published clinical evidence to guide dosage of chicory. Typical doses of the herb in classical use are 3 to 5 g/day 2.

WARNINGS

When it is contacted chicory, it has been reported that dermatitis and various allergies can occur. Significant contraceptive activity was observed in female rats fed seed extracts. In case of gallstones, it should be consulted with a physician before taking chicory3.

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1. KOÇ, Hüseyin, Bitkilerle Sağlıklı Yaşam, Ankara, 2002

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6. http://www.naturalstandard.com

7. www.articlesbase.com/alternative-medicine-articles/chicory

1 BAYTOP, Turhan, Türkiye'nin Tıbbi ve Zehirli Bitkileri, İstanbul 1963, p. 415

2 Ibid, p. 415

3 www.articlesbase.com/alternative-medicine-articles/chicory 18.07.2009 - 20.40

CHIRETTA

Latin : Swertia Chirata

English : Chiretta

Turkish : Çireta

SHORT HISTORY OF USAGE

This plant came into notice in Britain in 1829, and in 1839 was admitted to the Edinburg Pharmacopoeia.It is an annual, about 3 feet high; branching stem; leaves smooth entire, opposite, very acute, lanceolate; flowers numerous; peduncles yellow; one-celled capsule.The whole herb is used and collected when flower is setting for seed and dried. 1

Chiretta from the Gentianaceae family is one of the fundamental herbs in the Ayurvedic medicine; however, it is relatively seldom used by Western herbalists.In view of the plant's health benefits and wide use in India, Nepal, and other Asian countries, it is worthy to get acquainted with this additional folk medicine option to be able to take advantage of if necassary.

Being a member of Gentianaceae family Swertia chirayita is often called Gentiana chirayita, Indian Gentian, Ophelia chirata,or simply Chiretta. 2

HABITAT AND CULTIVATION

Found in the temperate himalayas at altitudes of 1,200-3,000 m.from kashmir to bhutan and in the khasi hills in meghalaya at 1,200-1,500 m. Swertia chirata is a herb indigenous to the temperate Himalayas at altitudes above 4000 feet.

Chiretta is a native herb of the Himalayas in northern India and and Nepal. An annual growing to a height of 3 feet (one meter), chiretta bears a single stalk covered with pale gren, purple-tinged flowers and paired leaves. The aboveground parts of the plant are harvested in summer when the plant is in flower.

1 http://www.botanical.com/botanical/mgmh/c/chiret64.html 07.17.2009 19:38

2 http://www.chinese-herbs.org/chiretta/ 07.17.2009 19:40

It prefers sandy loam rich in humus and carbon, though it can tolerate other types of soils as well. The plant succeeds in damp areas in the partial shade or on the open ground.Chiretta prefers climate with cool summers. It usually grows wildly, being rarely cultivated. 1

Chiretta is in bloom from August to October, bearing small greenish-yellow hermaphrodite flowers tinged with purple color. They consist of four petals. The flowers are situated on the long slender peduncles and are arranged as cymes.In October-November the small one-celled capsules of fruits begin to develop. Pericarp of the fruit is transparent yellow, enclosing numerous tiny angular seeds. 2

KEY CONSTITUENTS AND GOOD CHEMICALS

This herb contains Alkaloids, Flavonoids and Glucosides. The drug (chiretta) is obtained from the dried plant. Chiretta is reported to contain a yellow bitter acid, ophelic acid, two bitter glucosides, chiratin and amarogentin, gentiopicrin, two yellow crystalline phenols, a neutral, a yellow crystalline compound, and a new xanthone, swerchirin. Amarogentin is one of the most bitter substances known.It has other taxonomically informative molecules like iridoids, mangiferin and C-glucoflavones. 3

The plant contains the two bitter principles, opholic acid and chiratin.The latter occurs in the larger proportion, and yields, by boiling with hydrochloric acid, chiratogenin and ophelic acid, but no sugar. Neither ophelic acid nor chiratin has been obtained in crystals. 4

Chiretta is one of the igredients in the Chinese patent medicine known as Tiax Xian. When combined with camphor and shilajit, it can be used for syphilis and chronic fever. 5

KEY ACTIONS

This herb is an excellent drug for intermittent fevers, skin diseases, intestinal worms, bronchical asthma, burning of the body, regulating the bowels.

Appetite and digestion improvement, saliva and gastric juices stimulation, increased bile flow, reduction of nausea, bloating and even hiccups and fighting constipation are the actions chiretta is famous for. It stops vomiting, balance blood glucose levels.

1 http://www.herbs2000.com/herbs/herbs-chiretta.htm 07.17.2009 20:09

2 http://www.chinese-herbs.org/chiretta/ 07.20.2009 17:21

3http://www.botanical.com/botanical/mgmh/c/chiret64.html 07.17.2009 19:30

4http://www.henriettesherbal.com/eclectic/bpc1911/swertia.html 07.17.2009 19:30

5http://www.digherbs.com/chiretta.htlm 07.17.2009 21:18

Anaemia, anorexia, malaria, bronchitis, hepatosis and rheumatism are reported to be succesfully treated with chiretta plant, which, by the law, is now among the endangered species due to its extensive use. 1

Chiretta stimulates the digestion and helps to normalize blood sugar, which makes it useful for diabetics. Studies with animals suggest that this herb reduces the sugar levels only when they are high, which lowers the risk of hypoglycemia. The bitterness of the herb stimulates saliva and gastric juices, which help stop nausea, bloating, indigestion and hiccups. It is also used for fever and to rid the body of parasites. It is a tonic for the heart, liver and eyes, and can be useful to relieve sciatica, cough, scanty urine and melancholia.

Chiretta is used as a preventative measure for malaria during epidemics. It is given as a tonic to people convalescing from a long illness. It is a blood purifier, and can prevent edema. This herb can also be used during bouts of hysteria or convulsions as a calming herbal remedy. It is also very effective for reducing the intensity of gastric ulcers. This herb is antimicrobial. Studies are underway to see if this herb continues to offer a reduction in cancer cells when taken to fight cancer.

Chiretta decoction can be added to a bath to help skin rashes. Skin diseases with burning sensations, oozing and itching respond well to this herb. 2

CLINICAL RESEARCHES

Diabetic laboratory animals with high baseline blood-sugar levels show reduced blood-sugar levels after treatment with chiretta. However, animals don’t show this reduction in sugar levels after treatment if they have low levels to start with. This suggests that chiretta may be useful in controlling blood-sugar levels without risk of hypoglycemia from overdose.

Other animal studies have found that chiretta is more effective at controlling blood sugar that the commen antidiabetic medication tolbutamide (orinase).

The bitter taste of chiretta triggers a reflex reaction that stimulates the production of saliva and gastric juices. This action stops nausea as well as bloating, hiccups, and indigestion. Chiretta also promotes the production of bile which stimulates both digestion and appetite. 3

1 http://www.chinese-herbs.org/chiretta/ 07.17.2009 19:09

2 http://www.digherbs.com/chiretta.html 07.17.2009 20:57

3 http://www.herbs2000.com/herbs/herbs-chiretta.html 07.17.2009 20:58

TRADITIONAL AND CURRENT USAGE

In Indian bazaars where Chiretta is much more used than in England, the name Chirata is given to manykinds of Gentian-like plants. The one that is most in use among them is Ophelia augustifolia, the hill Chirata. It can easily be recognized by the stem being hollow, without pith and lower part of stem square. 1

The World Food Programme and local NGOs are helping Nepalese villagers grow herbs to supplement their incomes. Specifically, they are growing the chiretta plant, which is known for its medical qualities and can be exported for use in other South Asian countries like India. The herb is used to ward off fevers, skin diseases, intestinal worms, and bronchial asthma. It has also been used to heal burns, regulate the bowels and cure hiccups. 2

PART USED AND SOLVENT

Leaves and whole plant. 3

The plant serves as a bitter tonic, possessing two main bitter principles; ophelic acid and chiratin. They both are amorphous yellow substances soluble in water and alcohol. 4

KEY PREPARATIONS THEIR USAGE AND WARNING

Due to its bitternes, chiretta is most commonly taken as a tincture, although it can as an infusion to stimulate the digestion. A common dosage is 2 to 5 ml of tincture taken per day. If you take capsules, 1 to 2 capsules of 500 mg each should be taken in the morning on an empty stomach. If you are using a commercial preparation, follow the directions on the label or as directed by your care provider. 5

The true chiretta has a yellowish pith, is exremely bitter and has no smell, an overdose causes sikness and a sense of oppression in the stomach. Chiretta should be avoided by people with gastric or duodenal ulsers. This herb is considered safe when taken as prescribed. Do not medicateyourself with this herb, only use it under the supervision of a qualified practitioner. 6

1 http://www.botanical.com/botanical/mgmh/c/chiret64.html 07.17.2009 21:02

2http://www.odemagazine.com/exchange/4054/chiretta_plant_healing_bodies_and_income_in_nepal 07.17.2009 21:12

3 http://www.chinese-herbs.org/chiretta/ 07.17.2009 19:47

4 same source 07.17.2009 19:20

5 http://www.digherbs.com/chiretta.htm/ 07.16.2009 18:03

6 http://www.botanical.com/botanical/mgmh/c/chirat64.html 07.17.2009 20:28

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http://www.herbs2000.com/herbs/herbs-chiretta.html

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http://www.digherbs.com/chiretta.htm/

CATNIP

Latin : Nepeta Cataria

English : Catnip

Turkish : Kedi nanesi

1- SHORT HISTORYS

Catnip was given its name (the unoficial one) due to cats fondness for this herb. Why do cats enjoy this plant to such a degree? Because it pleasently stimulates cats pheromonic receptors.

Catnip, also known as Nepeta is genus of approximately two hundred and fifty species of blossoming plants in the lamiaceae family.

Throughout history, this herbh been used in humans to produce a sedative effect. From Europe to China, Catnip had been used medicinallyfor at least 2000 years. In teas, its pleasant, lemon-minty vapors were considered a cold and cough remedy. Relieving chest congestion and loosening phlegm. Old herbalists alsopraised its ability to promote sweating, a traditional treatment for fever.

Catnip tea was a regular beverage in England before the introduction of tea from China. Several other conditions (including cancer, toothache. Corns, and hives) have been treated with Catnip by traditional herbalists.

Catnip also has a long history of use as a tarnquilizer, sedative, digestive aid, menstruation promoter, and treatment for menstrual cramps, flatulence, and infant colic.

Equal parts of Catnip and saffron were once were commended for smallpox and scarlet fever.

He leaves were also chewed for toothache, smoked to treat bronchitis and asthma!

Colonists introduced Catnip into Nort America. It now grows across the continent. The Indians adopted the herb and used it for indigestion and infant colic and as a beverage.1

HABITAT AND CULTIVATION

Catnip is a common plant in central northern Illinois, but uncommon or absent in many areas of southern Illinois. Habitats include limestone barrens on bluffs, open woodlands, weedy meadows, pastures, fence rows, gravelly areas along ailroads, and miscellaneous waste areas. Sometimes this plant is cultivated in herbal gardens. It is usually found in disturbed areas, but occasionnaly invades natural areas where limestone is close to the soil surface. This species was introduced from Eurasia.

This is an adaptable plant that typically grows in ful lor partial sun, most to dry conditions, and a soil that is loamy, rocky, or gravelly. Limey soil with a higher then average pH is preferred, but it will grow in ordinary garden soil. The mature size of this plant is strongly influenced by moisturre levels and soil fertility. It's more drought resistant than many other members of the Mint family.2

Easily grown in a light sandy soil in a sunny position. Succeeds in heavier soils if the drainage is very good. Plants are hardy to about – 25c. Catmint emits a scent that is irresistable to many cats, who will then avidly attack the plant. The smell is said to be similar to certain cat hormones and is more effective with male cats. Quite often a cat will completely destroy even a fairly large plant, samall plants especially might need protection until weel established. Sometimes grown in the herb garden, there are some named varieties. 'Citriodora' has lemon-scented leaves that are more attractive to people and less attractive to cats. If the plants are cut back hard when the yare flowering a second crop of leaves will be produced. Member of this genus are rarely if ever troubled by browsing deer or rabbits. Catmint is a good companion plant to grow in garden. It is said to repel various cabbage petse, aphis, flea beetles, cucumber beetles, squash bugs and ant from plants they grow near to. The flowers are very attractive to bees.

Pick leaves for fresh use at any time throughout the summer, althoughth taste is milder if you pick the leaves before the plant flowers. Collect the leaves in the morning. After the dew has evaporated. To dry Catnip, harvest complete stems, including the flowering head and the tender leaves. Cut stems about 5 cm from the ground, and hang upside down in a shady

1 www.a1b2c3.com/drugs/var/028.html 12.07.2009 23.05

2 www.mountainvalleygrowers.com./nepetacatria.html 12.07.2009 22.30

location. When dry, strip off the leaves, crumble them, and store in airtight jars out of the light.

Catnip was widely cultivated throughout İstanbul in our country and has escaped from cultivation in all parts of the province so it now occurs in open foreste, meadows, pastures, waste places, roadsides, around buildings and in gardens.1

KEY CONSTITUENS & GOOD CHEMICALS

Catnip contains volatile oils, sterols, acids, and tannins. Notable constituents include nepetalactone, nepetalic acid, nepetalic anhydride, A- and B- citral, limonene, dispentine, geraniol, citronella, nerol, B- caryophyllene, and valeric acid. Nepetalactone constitues 70-99% of the essential oil of Catnip. The main constituent attracting cats is the trans, cis-isomer of nepetalactone, which is metabolized and excreted in urine. Nepetalic acid, a metabolic product of nepetalactone, is the most active constituent, and cats can respond to air concentrations of 1*1.010 to 1* 1011.

Catnip leaves contain considerable quantities of vitains c and e, both excellent antioxidants.2

KEY ACTIONS

Catnip is one of the traditional cold and flu remedies. It is a useful diaphoretic helpful in any feverish condition, especially acute bronchitis. As a carminative with anti-spasmodic properties, Catmint eases any stomach upsetse, dyspepsia, flatulence and colic. It is a perfect remedy for the treatment of diarrhoea in children. Its sedative action on the nerves adds to its generally relaxing properties.

Catnip is slightly pschoactive and most people who do not consume drugs often feel a calm sense of weel being after ingesting it. The plant also has properties which might bring relief to people suffering from mild insomnia. But if taken in excess, it can cause nausea and vamiting.

Catnip helps to prevent miscarriage and premature birth as weel as alay morning sicknesss.

1 www.catnip.com.au 12.07.2009 22.15

2 www.altrature.com/galley/catnip.htm 13.07.2009 16.45

Catnip was employed orally to treat colic, diarrhea, flatulence. Hiccups, whooping cough, the common cold, measles, asthma, yellow fewer scarlet fever and encourage menstruation. Poultice of Catnip and other herbs was employed to treat aching teeth in the Ozark Mountains.1

Effect and Usage:

•for stomach: stomach discomfort and removed indigestion. Gas in the stomach and intestines is removed. Solves stomach cramps.

• Spasm solvent.

• anti-diarrhea in children, is an excellent drug.

• is soothing. By relaxing the body relax.

• is used in case of insomnia. Sleep brings in a short time.

• Traditionally used for colds and flu medicines is one of the prescriptive.

• Strong in diseases such as bronchitis diaphoretic effect is found, is used in cases of vehemence and fire reduces the body as soon as possible.

This effect leaves and flowers early summer to provide kedinanesinin or collected at the beginning of autumn. Canopy where carefully dried. 2 teaspoons mixed dried herbs 1 cup boiling water has been received and are 10–15 minutes long dem. Obtained three time a day so that one glass of drinkable infusion.

• plant tissue and blood vessels catnip sphincter is affected. Used in the treatment of boils.

• antiseptic (germ breaker) effect is found. Are effective in the treatment of acne.

• The discomfort and headaches feel the temple is good.

1 www.economicexpert.com/a/nepeta.html 13.07.2009 17.00

Boil the leaves and flower spike in the treatment of fresh crushed kedinanesinin poultice is made. It is time to mash boil. Acne, headaches and temporal data described above for the feel of the diseases infusion, are applied to rub the face and temples1.

CLINICAL RESEARCHES

No common side effects have been associated with use of catnip. Since catnip (particularly the volatile oil) may act to promote uterine contractions, it should not be used during pregnancy.

Catnip has divretic properties and may increase the frequency and amount of urination. It can also cause an upset stomach in some individuals.

Because of the sedative qualities of catnip, individuals taking the herb should use caution when driving or operating machinery2

TRADATIONAL USAGE

Catnip is markedly antiflatulent and settling to the stomach, often used in cases of colic. A very weak tea can be given to babies to relieve gas and symptoms of colic.

It is especially helpful in treating headaches related to digestive problems.

Since it powerfully stimulates sweating, it is useful in bringing down fevers.

It can also ease coughs and other cold symptoms, treat minor diarrhea, alleviate menstrual and muscle cramps, and repel cockroaches.

Gentle and pleasant tasting enough, especially when combined with elderflowers, that even children take it readily.

The leaves have a mild antibiotic effect. Therefore, crushing them and placing them on minor cuts and scrapes before bandaging, may protect the wound from infection while promoting healing. They also make a good poultice. 3

Catnip is sometimes mixed with boneset, elder, yarrow, or cayenne as a treatment for colds.

1 www.personalhealthzone.com/.../catnip/html 13.07.2009 17.35

2 www.resonalhealthzone.com/.../catnip/html 13.07.2009 18.28

3 www.chemistry.about.html 13.07.2009 20.23

The essential oil is used in aromatherapy. Adding a few drops to the bathwater or massaging some of the diluted oil into the skin has a calming effect.

The dried leaves can also be used to make a pillow that can be slipped into a pillowcase to promote sleep.

Catnip is most commonly taken as teas or infusions. Herbs, tea bags or in the open, can be purchased in dried form. Infusion tea bag according to package instructions can be prepared. Prepared in the form of 10 teaspoons of dried plants part of the CATNIP is placed in cloth or cheesecloth, or as open as a 1 liter pot of boiling water into the branches. After 10 minutes in a closed container before the strain dem here. Through evaporation of volatile oils in the plant to prevent escape in a closed container must be dem.

The second method is described as the infusion of purchase is mixed with cold water mixture.

Catnip saucepan or pot lid into the mixture before you put in, and then to drain.

Two or three cups of tea a day can be consumed catnip. Remaining tight-lipped closed an infusion bottle to prevent bacteria and other microorganisms should be kept in the refrigerator.1

PARTS USED

Both the flowering tops and the leaves of the catnip plant are used for medicinal

purposes. Theleaves and flowers are used for making the brew.2

WARNING

Although comprehensive safely studies have not performed, catnip tea is generally regarded as safe. However, due to its traditional use as a uterine stimulant, pregnant women should probably avoid catnip. Saftey for young children or individuals with severe live or kidney disease has not been established.3

1 www.herbs2000.com/herbs/herbs/catnip.html 13.07.2009 19.27

2 http://www.altnature.com/gallery/catnip.htm 13.07.2009 20.05

3 http://www.avilionorder.com/?p=533 13.07.2009 20.23

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5 www.economicexpert.com/a/nepeta.html

6 www.personalhealthzone.com/.../catnip/html

7 www.personalhealthzone.com/.../catnip/html

8 www.chemistry.about.com/b/2003/07/12/the-many-uses/html

9 www.herbs2000.com/herbs/herbs/catnip.html

10 http://www.avilionorder.com/?p=533

DILL

Latin: Anethum Graveolens1

English: Dill

Turkish: Dereotu

ORIGINS AND HISTORY

Dill originated in Eastern Europe. Zohary and Hopf remark that “wild and weedy types of dill are widespread in the Mediterranean basin and in west Asia.”

Although several twigs of dill were found in the tomb of Amenhotep II, they report that the earliest archeological evidence for its cultivation comes from late Neolithic lakeshore settlements in Switzerland. Traces have been found in Roman ruins in Great Britain.

Dill Folklore: To the Greeks the presence of dill was an indication of prosperity. In the 8th century, Charlemagne used it at banquets to relieve hiccups and in the Middle Ages it was used in a love potion and was believed to keep witches away.

Its seeds, dill seeds are used as a spice, and its fresh leaves, dill, and its dried leaves, dill weed, are used as herbs.

USES

Fresh and dried dill leaves (sometimes called “dill weed” to distinguish it from dill seed) are used as herbs.

Like caraway, its fernlike leaves are aromatic, and are used to flavor many foods, such as grawlax (cured salmon), borscht and other soups, and pickles (where sometimes the dill flower is sed). Dill is said to be best when used fresh, as it loses its flavor rapidly if dried; however, fireeze-dried dill leaves preserve their flavor relatively well for a few months.

In Vietnam, dill is the important herb in the dish cha ca.

1 www.floridata.com 15.07.2009 - 20.30

Dill seed is used as a spice, with a flavor somewhat similar to caraway, but also resembling that of fresh or dried dill weed.

Dill oil can be extracted from the leaves, stems and seeds of the plant. Dill seeds were traditionally used to soothe the stomach after meals1

CULTIVATION

Successful cultivation requires warm to hot summers with high sunshine levels; even partial shade will reduce the yield substantially. It also prefers rich, well-drained soil. The seeds are viable for 3-10 years. Plants intended for seed for further planting should not be grown near fennel as the two species can hybridise.

The seed is harvested by cutting the flower heads off the stalks when the seed is beginning to ripen. The seed heads are placed upside down in a paper bag and left in a warm dry place for a week. The seeds then separate from the stems easily for storage in an airtight container.

Don’t omit dill from the butterfly garden as it a premiere larval food source for many species.

Dill weed usually is used fresh, but it can be frozen; dried dill weed is a poor substitute for the fresh.

But it also is used to add zest to potato salads, egg salads and sauerkraut, and to flavor vinegars and sauces for fish. Dill goes well with cabbage and other boiled vegetables. We use fresh dill leaves in salads, and on broiled salmon.

Dill is native (and grows wild) in many of the world including Southern Europe and the Mediterranean countries; Western and North and South America.

The name dill is thought to have originated from the Anglo-Saxon ‘dylle’ meaning to soothe or lull. It was by Egyptian doctors 5000 years ago and traces have been found in Roman ruins in the UK.

In the middle it was thought to protect against witchcraft.

The main chemical components of dill oil are d-carvone, dillapiol, dhc, eugenol, limonene, terpinene and myristicin1

1 www.gardenguides.com 15.07.2009 - 20.30

LEAVES (FRESH WEIGHT)

- 253 Calories per 100g
- Water: 7.2%
- Protein: 20g; Fat: 4.4g; Carbohydrate: 55.8g
- Ash: 12.6g;

SEED (FRESH WEIGHT)

- 305 Calories per 100g
- Water: 7.7%
- Protein: 0g; Fat: 14.5g; Carbohydrate: 55.2g
- Ash: 6.7g;

MEDICINAL USES

Dill has a very long history of herbal use going back more than 2,000 years. The seeds are a common and very effective household remedy for a wide range of digestive problems. An infusion is especially efficacious in treating gripe in babies and flatulence in young children. The seed is aromatic, carminative, mildly diuretic, galactcgogue, stimulant and stomachic. It is also used in the form of an extracted essential oil. Used either in an infusion, or by eating the seed whole, the essential oil in the seed relieves intestinal spasms and griping, helping to settle colic. Chewing the seed improves bad breath. Dill is also a useful addition to cough, cold and flu remedies, it can be used with antispasmodics such as Viburnum opulus to relieve period pains. Dill will also help to increase the flow of milk in nursing mothers and will then be taken by the baby in the milk to help prevent colic.

CULTIVATION DETAILS

Cultivated herb, especially in warm temperate and tropical zones. It is grown mainly for its edible leaves and seeds, though it is also used medicinally. There are many named varieties. ‘Bouquet’ is a American cultivar that has a prolific production of seeds. The sub species A. graveolens sowa from India has a slightly different flavour ti the type species.

Dill reduces a carrot crop if it is grown to maturity near them.

The flowers are very attractive to bees.

RESEARCH AND CLINICAL TESTS

Both dill fruit and oil of dill posses stimulant, aromatic and stomachic properties. This properties makes them considerable medicinal value.

Oil of dill is used in mixtures or administered in doses of 5 drops on sugar, but it is most common used is in the preparation of dill water which is a common domestic remedy for some illnesses of infants and is a useful vehicle for children's medicine generally.

Dill has anti-microbial activities Dill has anti-oxidant activities. Dill may have benefits of cholesterol lowering effects Dill shows anti-cancer activities in test-tube and studies Dill is claimed to have benefits of gastric protection1

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1 www.wikipedia.com 15.07.2009 - 20.30

ELDER TREE

Latin :SAMBUS NIGRA

Engilish :ELDER TREE

Turkish :KARA AGAC

HISTORY USAGE

The tree has been called ‘the medicine chest of the common people’ and has been used in tradional folk medicine for centuries.The generic name sambucus occurs in the writings of pliny, and is adapted from the Greek word sambuca.

-The greeks used a tea from the root as a laxative

-Many early Indian tribesused elder berries in teas

-gypies used elder flowers as an eyewash [1]

HABITAT and CULTIVATION

Sambus nigra ,also known as black Elder is part of the coprifoliaceae plant family. The elder tree is faund throughout Europa ,Asia,Nort,Africa and has been naturalized in the United States.

The elder grows rapidly from any part,It is a powerful symbol of life energy. Elder flourisher wherever the nitrogen content is high, where

The soil has been broken down by organic matter such as dung and refuse.[2]

KEY CONSTITUENTS and GOOD CHEMICALS

BERRİES:

-amino acids

1 http://encyclopedia.com/doc/1070-eldertree 16.07.2009 10:23

2 http://globalherbalsuplies.com/herb-information/elder_tree.html 18.07.2009 16:24

-sugar

Vitamin A

-vitaminB

-vitamin C (the berriescontain more vitamin C than any other herb except Rosehips and black Currant)

-bioflavonoids

-tannins

LEAVES:

-Alkaloids

-betulin(fresh leaves)

-intervin

-Vitamin C

-Potassium nitrate

-Sambunigrin[1]

KEY ACTIONS

Bark and roots:

-diuretic

-cathatic

-emetic

-purgatve

Leaves and shoots:

-diuretic

1 http://globalherbalsuplies.com/herb-information/elder_tree.html 20.07.2009 11:27

Berries:

-alterative

-aperient

-diuretic

Flovers:

-expecttorant

-diaphorettic

-laxative

-mild astringent[1]

TRADITIONAL and CURRENT USAGE

The dried dlowers can be made into emollient creams, infusions,flowers water ,tablets,teas and tinctures. The flowering tops are ideal for coughs ,cold and the flu. A hot infusionof the flowers in considerded to be a general stimulant for the bady ;but,When prepared in cold water , it becomes a good laxative and an effective diuretic.

A relaxing infusion can produce a mild perspiration that helps reduce fever .

The flowers seem to tone the mucous membranes of the nose and throat ,thereby increasing resistance toinfection. They can also reduce the severity of hay fever attack if taken some months before the onset of the season.

A soaked in elder flower tea can be applied to the skin. The fresh or dried leaves may be used to make a poultice.[2]

PARTS USED AND SOLVENT

Medical parts used:

-Bark

1 http://globalherbalsuplies.com/herb-information/elder_tree.html 16.07.2009 15:10

2 www.botanical.com/botanical/mgmh/e/elder-04.html 19.07.2009 20:20

-Leaves

-Berries

Elder flowers:

-builds the blood

-strengthenns the walls demaged blood vessels

-epilepsy

-fevers

-inducing sweat

-obesity

-cleansing the body

-bronchitis

-sinusitis

Elder berries:

-colds

-influenza

-nevre disorders

-neuralgia

-laxative for small childeren

-irritated and inflamed intentines

-reduce inflammation of the urinary tract and bladder

Elder leaves:

-constipation

-urinary problems

-increasing the production of urine

-kidney problems[1]

KEY PREPERATIONS AND THEIR USAGE

Adult (18 years and older)

Patients were given 400 milligram spray -dried powder capsules containing 10% anthocyanes three times a day aquivalent 5 millilitres of elderberry juice for 2 weeks in one study for high cholesterol.

For treating influenza or flu -like symptoms,a dose of 4 tablespoons of elderberry extract taken daily by mount for three days has been used.Cream has been prepared by taking several handfuls of fresh elder flowers.mixing in liquefied petroleum jelly,simmering for 40 minutes ,filtering ,and allowing the formula to solidify .This has been applied to the hands at bedtime.

Children (younger than 18 years)

There are no or weell- studied doses of elder ,and many different doses are used traditionally .There is not enough scientific information available to recomend the safe use of elder of elder children. Toxicity has benn reported, and caution is recommended.[2]

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4-www.nlm.nih.gow/medineplus/druginfo/natural/patient.elder.html

1 http://globalherbalsuplies.com/herb-information/elder_tree.html 18.07.2009 10:32

2 www.nlm.nih.gow/medineplus/druginfo/natural/patient.elder.html 20.07.2009 10:34

VERVAIN

Latin : Verbena Officinalis

English : Vervain

Turkish : Mine Çiçeği

HISTORY

The Egyptians believed that it had sprung from the tears of Isis, the great mother goddess, whilst the Romans held it sacred to Venus and used it in love potions for its aphrodisiac qualities. Its Latin name ‘Verbena’ means any of the alter plants that were employed during sacrifice and ‘officinalis’ means used by apothecaries. Greek priests wore vervain in their vestments and Persian Magi believed it to be a herb of prophecy. It was one of the ingredients of the ‘holy salve’ of the Anglo Saxons, and was also sacred to the Celts, both in itself and as an ingredient of lustral water. Even Christianity finds a niche for this humble herb; it is said to have grown on Calvary and to have been used to staunch the wounds of Jesus.

USAGE HISTORY

Common Vervain is held in high esteem since the Classical Antiquity; it has long been associated with divine and other supernatural forces, and it has an equally long-standing use as a medicinal plant.

Medical use of Common Vervain is usually as a herbal tea; Nicholas Culpeper's 1652 The English Physitian discusses folk uses. Among others effects, it may act as a galactagogue and possibly sex steroid analogue and abortifacient; it is reputed to help against nervousness and insomnia. "Vervain", presumably this species, is one of the original 38 Bach flower remedies, prescribed against "over-enthusiasm". In the Modern Era, it is sometimes considered a powerful "ally" of poets and writers, as its relaxing effects can relieve writer's

block. As noted above, it cannot be considered safe to use during pregnancy as it might cause miscarriages. [1]

While Common Vervain is not native to North America, it has been introduced there and the Pawnee have adopted it as an entheogen enhancer and in oneiromancy, and is often referred to as the North American version of Calea zacatechichi.

In western Eurasia, the term "verbena" or "vervain" usually refers to this, the most widespread and common member of the mostly American genus occurring there. It was called "tears of Isis" in Ancient Egypt, and later on "Juno's tears". In Ancient Greece, it was dedicated to Eos Erigineia. In the early Christian era, folk legend stated that Common Vervain was used to staunch Jesus' wounds after his removal from the cross; hence names like "Holy Herb" or (e.g. in Wales) "Devil's ban".

Due to the association with the Passion of Christ, it came to be used in ointments to drive out and repel "demonic" illness. Other legends held it that vervain protects people from vampires, by mixing it in a herbal tea, keeping it near you, or using oil extracted from it in a bath. Vervain flowers are engraved on cimaruta, Italian anti-stregheria charms. In the 1870 The History and Practice of Magic by "Paul Christian" (Jean Baptiste Pitois) it is employed in the preparation of a mandragora charm. In the role-playing game Mage: The scension, the magickal group Verbena, masters of the sphere of Life, derive their name from the sacrificial herbs of Antiquity, and it is implied that this specifically means the Common Vervain in this case.

A Royal Navy Arabis class sloop of the World War I era was named HMS Verbena, and in World War II a Group 1 Flower class corvette bore the same name; a Group 2 vessel of the latter class was called HMS Vervain. The only Verbena widely found in England in a native state is Common Vervain, though it is just as possible that the names reference the popular ornamental verbenas , such as the Garden Vervain.[2]

HABITAT and CULTIVATION

Grassy places on mountain slopes; 100-1800 m. Anhui, Fujian, Gansu, Guangdong, Guangxi, Guizhou, Hainan, Hubei, Hunan, Jiangsu, Jiangxi, Shaanxi, Shanxi, Sichuan,

1 http://www.herbs2000.com/herbs/herbs_vervain 21.09.2009 19:10

2 http://en.wikipedia.org/wiki/Verbena_officinalis 22.09.2009 19:26:45

Taiwan, Xinjiang, Xizang, Yunnan, Zhejiang [worldwide weed in temperate zones and tropics]

KEY CONSTITUENTS and GOOD CHEMICALS

The most characteristic chemical constituents of vervain are the iridoid glycosides verbenalin and hastatoside. Also prominent is the caffeic acid glycoside verbascoside, which is found in a number of other medicinal plants. Flavonoids, such as luteolin 7-diglucuronide have been isolated in vervain as have rsolic acid, sterols, and several related triterpenes. Other iridoid glycosides, sterols, and littorachalcone have been found in related verbena species (Verbena litoralis and brasiliensis).

KEY ACTIONS

Sexual desire Corydalis ambigua is a sex stimulant Sexual desire is controlled by levels of testosterone in the body. Women with endometriosis may experience lower sex drive during menstrual cycle caused either by low levels of testosterone or menstrual cramps. Corydalis ambigua helps to overcome that by increasing the levels of sex hormone.

Nervous system Since verbena is mildly sedative, it also helps to calm the tension of the nervous system resulting in lessening the symptoms of endometriosis such as stress, fatigue, irritation, and anxiety.

Insomnia Some women with endometriosis may have symptoms of insomnia caused by overactive brain cells during menstrual cycle. Intake of verbena will help to relax the over active cell in the brain and improve sleep during night time.

LivercleansingIt is said verbena is a liver tonic plant that helps to cleanse toxins accumulated in the liver. By strengthening the liver, it helps to increase the liver in fatty acids and protein metabolism that are essential for hormone balancing and reducing symptoms of endometriosis.

Flavonoids in the verbena helps to strengthen the immune system that protect our body cells against the damaging effects from chemical reactions of oxygen such as forming of free radicals, cellular damage, and the risk of abnormal cell growth such as endometriosis and cancer.

CLINICAL RESEARCHES and SIDE EFFECTS

Verbena (Verbena officinalis) is a perennial herb native to Europe. It has been used traditionally in northern Europe for rheumatic pain and wounds and in Ayurvedic medicine

as a contraceptive. Preliminary research suggests potential antioxidant, neurological, and endocrine actions of verbena. However, there is currently insufficient evidence available in humans to support the use of verbena for any indication. Content available for subscribers only.

It is recommended to avoid vervain in pregnancy as it is uterine tonic, may be used in labour.

TRADITIONAL and CURRENT USAGE

As a medical dressing vervain is good in headache, earneuralgia, rheumatism, & may be applied to insect bites, sprains and bruises, & the ointment is used to cure eczema, wounds, weeping sores and to reduce painful neuralgia.Vervain is a traditional treatment for infected gums & tooth decay, halitosis and tonsillitis. [1]

It is generally used externally to treat wounds & piles. It is commonly used in homoeopathy.Vervain is valuable advantage in treating and nourishing the nervous system disorders such as depression, and with other remedies in chronic skin complaints. It is also beneficial to increase the flow of a mother's milk. Do not use during pregnancy.[2]

Vervain is used to treat the liver related problems & cure exhaustion, fatigue, fever, insomnia, asthma, post-natal depression, as well as decrease painful or irregular menses.

PARTS USED and SOLVENT

Flowers; Leaves; Tea.

Leaves - parboiled, seasoned and then eaten

The leaves are used as a tea substitute

The flowers are used as a garnish

Dosage;

Dried herb:

2-4 gm or by infusion,Take three times in a day .

1 http://www3.interscience.wiley.com/journal/72516779/abstract?CRETRY=1&SRETRY 22.09. 2009 22:06

2 http://www.herbs2000.com/herbs/herbs_vervain.htm 22.09. 2009 23:12

Liquid Extract:

1:1 in 25% alcohol, 2-4ml .Take three times in a day.

Tincture:

1:1 in 40% alcohol, 5-10ml .Take three times in a day .

Tea : Made from 1 tablespoon of dried herb .Take three times in a day .

KEY PREPARATION & THEIR USAGE & WARNING

Verbena officinalis has traditionally been used in herbal medicine in Navarra, Spain, in the treatment of topical inflammation. Due to the anti-inflammatory activity of Verbena officinalis 50% methanolic extract in i.p. and topical administration, the effects of several formulations were prepared and studied using carrageenan-induced edema and formalin testing. Piroxicam gel and methyl salicylate ointment were studied as positive control for anti-inflammatory and analgesic activity, respectively. The edema inhibition of the preparations containing extract at the doses of 1-3% w/w were significantly different from the control group. The anti-inflammatory effect of VO-3% was similar to the effect of piroxicam gel 3 h after carrageenan injection. The analgesic activity of topical preparation with more than 2.5% w/w was observed in the early phase. This activity was observed in concentrations of more than 2% w/w in the late phase. The topical analgesic activity of the extract was less than the analgesic activity of methyl salicylate ointment.

Verbena offivinalis should not be used by pregnant women.

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HOLY BASIL

Latin : Ocimum Sanctum

English : Holy Basil

Turkish : Reyhan

HISTORY

In Indian mythology the plant is considered to extirpate all sins and purify the body when touched. It is often grown outside dwellings and worshipped daily. It is said to daunt Yama, the god of death, but has a close affinity with Lord Krishna who is reputed to have grown the herb. If offered to Lord Krishna it is said to have mystical powers of protection from death, disease and misfortune.

Holy basil originates in the tropical parts of Asia, but its distribution has been expanded by humans to many tropical regions of the world. It is a highly sacred plant in Hindu religion where it is dedicated to Vishnu. It has a sweet clove-like fragrance. Because of its holiness it is not used as a food in the Indian sub-continent.

Holy basil is native to tropical Asia but has been dispersed by humans so that it now grows in many tropical parts of the world. It is a sacred plant in Hindu religion, and has been cultivated in India in courtyards or temples, and in pots in homes, for about 3000 years.

The history of the plant in South Asia is closely linked with folklore and mythology. It represents Vishnupriya or Beloved of Vishnu, since it is believed to be the embodiment of the goddess Lakshmi, the spouse of Vishnu. What is apparent is that it has been valued and cultivated since ancient times in India as an intimate link between the household and the spiritual world.

Holy basil is mentioned in the Rig Veda, written in about 1500 BC, and its holiness is celebrated in the Puranas. It is highly regarded in the Ayurvedic system of medicine and is

noted in medical treatises such the Charaka Samhita written between the 2nd century BC to the 2nd century AD.1

HABITAT AND CULTIVATION

Holy Basil is a branched, fragrant and erect herb having hair all over. It attains a height of about 75 to 90 cm when mature. Its leaves are nearly round and up to 5 cm long with the margin being entire or toothed. These are aromatic because of the presence of a kind of scented oil in them. A variety with green leaves is called Shri Tulsi and one with reddish leaves is called Krishna Tulsi. Tulsi flowers are small having purple to reddish color, present in small compact clusters on cylindrical spikes. The fruits are small and the seeds yellow to reddish in color.

Because of its medicinal virtues, Holy Basil is used in Ayurvedic preparations for treating various ailments.

Holy Basil leaves contain a bright yellow volatile oil which is useful against insects and bacteria. The principal constituents of this oil are Eugenol, eugenol methyl ether and carvacrol. The oil is reported to possess anti-bacterial properties and acts as an insecticide.

It inhibits the in vitro growth of Mycobacterium tuberculosis and Micrococcus pyogenes var. aureus. It has marked insecticidal activity against mosquitoes.

The juice of leaves, and or a concoction, called jushanda, a kind of tea, gives relief in common cold, fever, bronchitis, cough, digestive complaints, etc. When applied locally, it helps in eradicating ringworms and other skin diseases. Holy Basil oil is also used as ear drops in case of pain. The seeds are used in curing urinary problems. Aphrodisiac virtue has been attributed to it, where powdered Holy Basil root with clarified butter (ghee) is prescribed.

In addition to Holy Basil proper, some other species on varieties of this plant also go by the same name viz Tulsi. The best part of the matter is that certain Indian scientists are at the threshold of finalizing their discovery of a reliable medicine against cancer out of Holy Basil plant.

1 www.plantcultures.org/plants/holly_basil_history 21.07.2009 00.01
www.pharmainfo.net/reviews/ocimum-sanctum-and-its-therapeutic-applications 22.07.2009 12.33

Tulsi is one of the most important plants of Haryana and India. Therefore more research is needed for large scale cultivation of the plant in vacant lands and spaces. More research is also required in the use of Tulsi leaves, oil and extracts for a large number of medicinal uses and as an organic insecticide. The Ch Devi Lal Herbal Nature Garden is involved in researching and cultivating many medicinal herbs including Tulsi and Safed Musli.1

KEY CONSTITUENTS

One study found forty-five Compounds and Oils in Basil. The main constituents in volatile oil from basil are rosmarinic acid (a strong antioxidant), linalol, methylchavikol, methylcinnamat, 1, 7-dimethyl-1, 6-octadien-3-ol, and eugenol.

It's medicinal effects are mostly due to rhymol, eugenol and camphor. The mucilage is composed of sugars; xylose and polysaccharides.The seeds contain an oil composed of fatty acids and sitosterol. It is one of the healing herbs that, contains vitamin A and C, as well as antioxidants that help to prevent cell damage that can lead to cancerous conditions. In fact, another animal study shows that basil "stimulates production of disease fighting antibodies by up to 20%."

The leaves contain an essential oil which has been studied with gas chromatography. The oil contains eugenol, eugenal, carvacrol, methyl-chavicol, limatrol and caryophylline.The seeds contain an oil composed of fatty acids and sitosterol. The mucilage is compared of sugars - xylose and polysaccharides.2

GOOD CHEMICALS

In a study, the chemical constituents and antioxidant property of holy basil (Ocimum sanctum Linn.) field-grown plant parts (leaves, stems, and inflorescence) were compared with those of respective callus cultures induced from each explant in in vitro.

The callus cultures were successfully initiated on Murashige and Skoog (MS) medium supplemented with 2,4-dichlorophenoxy acetic acid (2,4-D) (1 mg/L) combined with different concentrations (0.1-0.5 mg/L) of kinetin as plant growth regulators.

The distribution of phenolic compounds in these extracts was analyzed using reverse phase high-performance liquid chromatography with reference standards. Interestingly, rosmarinic acid (RA) was found to be the predominant phenolic acid in all callus extracts in

1 www.herbs2000.com/ 23.07.2009 02.21

2 www.basilleaves.com/ 23.07.2009 02.47

comparison with field-grown plant parts. In this study, the antioxidant activity of the extracts was evaluated with six different in vitro antioxidant-testing systems. Their activities of scavenging superoxide anion radicals, 1,1-diphenyl-2-picrylhydrazyl radicals (DPPH), hydroxyl radicals, hydrogen peroxide, chelating ferrous iron, and ferric ion reducing potential were assessed. The antioxidant activity was increased in all testing systems with increasing amounts of extract. However, at the same concentration, the callus extracts exhibited higher antioxidant activity in all of the testing systems than the extract obtained from field-grown plant parts. The data obtained from this study suggested the possibility of the isolation of a high content of RA from in vitro callus cultures rather than field-grown plant organs of holy basil.1

KEY ACTIONS

antispasmodic

analgesic

adaptogenic

anti-inflammatory

lowers blood pressure and blood sugar levels

reduces fever

Benefits:

Healing Power: Holy Basil plant has many medicinal properties. The leaves are a nerve tonic and also sharpen memory. They promote the removal of the catarrhal matter and phlegm from the bronchial tube. The leaves strengthen the stomach and induce copious perspiration. The seed of the plant are mucilaginous.

Fever & Common Cold: The leaves of basil are specific for many fevers. During the rainy season, when malaria and dengue fever are widely prevalent, tender leaves, boiled with tea, act as preventive against theses diseases. In case of acute fevers, a decoction of the leaves boiled with powdered cardamom in half a liter of water and mixed with sugar and milk brings down the temperature. The juice of tulsi leaves can be used to bring down fever. Extract of holy basil leaves in fresh water should be given every 2 to 3 hours.

1 http://cat.inist.fr/?aModele=afficheN&cpsidt=19193585 25.07.2009 16.55

In between one can keep giving sips of cold water. In children, it is every effective in bringing down the temperature.

Coughs: Tulsi is an important constituent of many Ayurvedic cough syrups and expectorants. It helps to mobilize mucus in bronchitis and asthma. Chewing tulsi leaves relieves cold and flu.

Sore Throat: Water boiled with basil leaves can be taken as drink in case of sore throat. This water can also be used as a gargle.

Respiratory Disorder: The herb is useful in the treatment of respiratory system disorder. A decoction of the leaves, with honey and ginger is an effective remedy for bronchitis, asthma, influenza, cough and cold. A decoction of the leaves, cloves and common salt also gives immediate relief in case of influenza. They should be boiled in half a liter of water till only half the water is left and add then taken.

Kidney Stone: Basil has strengthening effect on the kidney. In case of renal stone the juice of basil leaves and honey, if taken regularly for 6 months it will expel them via the urinary tract.

Heart Disorder: Basil has a beneficial effect in cardiac disease and the weakness resulting from them. It reduces the level of blood cholesterol.

Children's Ailments: Common pediatric problems like cough cold, fever, diarrhea and vomiting respond favorably to the juice of basil leaves. If pustules of chicken pox delay their appearance, basil leaves taken with saffron will hasten them.

Stress: Basil leaves are regarded as an 'adaptogen' or anti-stress agent. Recent studies have shown that the leaves afford significant protection against stress. Even healthy persons can chew 12 leaves of basil, twice a day, to prevent stress. It purifies blood and helps prevent several common elements.

Mouth Infections: The leaves are quit effective for the ulcer and infections in the mouth. A few leaves chewed will cure these conditions.

Insect Bites: The herb is a prophylactic or preventive and curative for insect stings or bites. A teaspoonful of the juice of the leaves is taken and is repeated after a few hours. Fresh juice must also be applied to the affected parts. A paste of fresh roots is also effective in case of bites of insects and leeches.

Skin Disorders: Applied locally, basil juice is beneficial in the treatment of ringworm and other skin diseases. It has also been tried successfully by some naturopaths in the treatment of leucoderma.

Teeth Disorder: The herb is useful in teeth disorders. Its leaves, dried in the sun and powdered, can be used for brushing teeth. It can also be mixed with mustered oil to make a paste and used as toothpaste. This is very good for maintaining dental health, counteracting bad breath and for massaging the gums. It is also useful in pyorrhea and other teeth disorders.

Headaches: Basil makes a good medicine for headache. A decoction of the leaves can be given for this disorder. Pounded leaves mixed with sandalwood paste can also be applied on the forehead for getting relief from heat, headache, and for providing coolness in general.

Eye Disorders: Basil juice is an effective remedy for sore eyes and night-blindness, which is generally caused by deficiency of vitamin A. Two drops of black basil juice are put into the eyes daily at bedtime.1

CLINICAL RESEARCHES

Dr. Narendra Singh in his book on Holy Basil reports that after three decades of clinical research that the adaptogenic/antistress activity of Holy Basil (including an increase in stamina and immunological resistance) is likely to take one week to one month to develop and gives appreciable improvements in health lasting for a month of more after discontinuation.2

SIDE EFFECT

It has no side effect.

TRADITIONAL USAGE

The uses of this plant are legion, and it is often taken in combination with other herbs. The fragrant leaves and flowers, in the form of tincture, tea or decoction are considered to be stomachic and expectorant, used in treating coughs, bronchitis, skin diseases, and diarrhea. These preparations are considered to be prophyllactic against epidemics including cholera, influenza and malaria. The Tulsi seeds, taken mixed in water, juice or cow's milk, are antioxidant, nourishing, mucilagenous and demulcent. They are used in treating low energy,

1 http://www.morphemeremedies.com/tulsi htm 25.07.2009 17.54

2 www.holy-basil.com/6865.html?*session*id*key*=*session*id*val* 29.07.2009 18.44

ulcers, vomiting and diarrhea, or as an overall tonic. The powder of the dried root, taken in milk, ghee, or as a decoction, is recommended to treat malarial fever, as an analgesic application to the bites and stings of insects, and also to increase sexual stamina and prevent premature ejaculation

CURRENT USAGE

Holy Basil is an uplifting and energy-enhancing adaptogenic herb, having much in common with other triterpenoid containing plants such as ginseng, eleuthero and jiao-gu-lan. The herb improves resistance to stress and has a normalizing influence on blood pressure and blood sugar imbalances. Used on a regular basis as tea or tincture, Holy Basil is likely to prove prophyllactic against the negative effects of environmental toxins, including cancer. The plant is also richly endowed with bioavailable antioxidants, vitamins A and C, and calcium.1

PARTS USED

All parts of the plant are used, but particularly the fresh or dried leaves, which have a strong aroma and taste. The delicious tea made from Tulsi leaves, in particular, has many health benefits.2

KEY PREPARATION AND USAGE

While even one cup of holy basil tea is beneficial, it can be safely consumed throughout the day.

Internally – Holy basil is used to relieve inflammation, diabetes, digestive problems, heart disease, headaches and infections. Tests have shown it may help protect against mercury toxicity. Drinking tulsi tea every day may help lower cortisol and blood sugar levels. It also helps the body deal with stress and strengthens the immune system. Holy Basil is used in Ayurvedic medicine for colds, coughs, sore throat, poisoning and malaria in addition to the other ailments already mentioned.

This herb is antioxidant. Some studies suggest that it may be helpful for radiation poisoning and cataracts. This herb can help sharpen the memory. The tea is given for fevers from many causes, from flu all the way to dengue. It helps to strengthen the kidneys, and if

1 www.horizonherbs.com/pilot.asp?pg=t ulsi 23.07.2009 04.22

2 http://herbalproperties.suite101.com/article.cfm/ 23.07.2009 03.34

the juice from tulsi is taken for six months on a regular schedule, kidney stones will be released. Fresh leaves can be chewed to relieve mouth ulcers and sores.

Externally – Holy basil has antimicrobial compounds that are useful in curing ringworm. Powdered holy basil can be used to clean the teeth and freshen the breath.

Other Uses – Also used for purification.1

WARNING Do not take holy basil if:

- You are pregnant or breast-feeding.

- You are scheduled for surgery in the next two weeks. Holy basil might increase the risk of bleeding.2

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PARSLEY

Latin : Petroselinum Crispum

English : Parsley

Turkish : Maydanoz

HISTORY

Parsley is an european plant and was known as early as the first century.It is now cultivated in nearly all moderate climates as a culinary vegetable.The plant has a grateful aroma.The seeds,herb and root are the medicinal parts,the root has rather an agreanle odour,and a slightly spicy taste and should be used while fresh. 1

The plant is known in South Europen probably East Mediterra origin and become popular im more Northern latitudes im the middle ages,when it was commonly grown in monesteries and imperial gardens.İt has been completely naturaized in various parts of England and Scotland,on old walls and rocks.2

HABITAT

They prefer a habitat of rich,well drained soil and full sun or partial shade.Parsley does best in highly fertile,well drained soil.Tolerated PH range is 4.9 to8.2.Keep plants watered during dry periods.Thrives in full sun,but will grow in light shade.3

CULTIVATION

Parsley’s germination is slow and erratic.To speed up germination,soak the seeds overnigh in

lukewarm water.The ideal temperature for parsley is between 5 to 26 degrrs centigrade.With a soil PH of 4.9 and 8.3.The plant prefers a rich,moist soil with a good drainage.The principal sowing is generally done in april,it then germinates more quikly and

1 www.botanical.com 17.07.2009 22:50

2 www.vikipedia.com 17.07.2009 22:51

3 www.botanical.com 18.07.2009 11:03

provides useful materials for cutting throughout the summer.Seedlings usually emerge in 15 to 21 days.

A well grown plant will cover narly a square foot of ground.Keep the soil moist during germination and early growth.Plant produces only a rosette of leaves in the first year.Renew the beds every two years,as the plant dies down at the end of the second season.Keep the soil moist and provide a balanced fertilizer once a month.Harvest the outer leaves for fresh using ,drying,or freezing throughout the growing season.İf not picked,these leaves become coarse and their flavour diminish.

Gather the leaves early in the morning,when it is stil cool.Crumble dried leaves and store in an airtight container.Alternatively,and preferably,freze leaves on a cookie sheet,then store in freezer containers.Parsley retains its colour beter wth freezing than drying.1

KEY CONSTITUENTS AND GOOD CHEMICALS

Parsley leaves are rch in chlorophyll,flavonoids and vitamins,especially vitamin c.The root is known to contain protein,vitamin,minerales and other compounds.All parts of parsley,especially the seeds also contain an essential oil.The main components of essential oil are apiol and myristicin,also contains terpenes.İt is the responsible for parsley's effect,for beter,worse.Constituents of the essential oil are known to stimulate the uterus,increase urination,reduce inflammation of the urinary tract and kill mıcrobes.2

KEY ACTIONS

Parsley's roots are widely known for their effects on digestions,stomach,kidney,blood and liver.The essential oil obtained from the frıut has also strong action on the central system.Parsley is also used as a folk remedy to decrease blood glucose,has any antidiabetic effect on pancreatic,B cells of rats.İn addition, a decrease as observed in the weight of the control diabetic group.The bruised leaves are used by nerbalists,comfrey and red clover to dispel tumors.Parsley helps to inhibit the body's releaseof histamines which explaines its use by naturooathic healers for colds and congestion.Parsley is chiefly used for its diuretic aproperties,a strong decoction of the root being of greast service im gravel,stone and jaundice.

1 www.wikipedia.com 18.07.2009 11:30

2 www.botanical.com 19.07.2009 00:35

The parsley herb is well known for helping to expel gas and digestion.It is used for the threatment of rheumatism or thritis and sciatica.It has alsa been used as a quinine substitue to threat malaria.1

CLINICAL RESEARCHES

The aim of the Investigatıon of Antiinflammatory Effect on Laboratory Animals was do gas chromatographıc analysıs of extract of volatile oil of Petroselinum Crispum seeds and to investigate its median lethal dose and possible antiinflammatory effect in study.The phytochemical analysis of PC seeds volatile oil showed that pc seeds containing 43.31% of apienne,39.9% of bpienne ,10.18 %of bphellandrene,5.47% of 1-allyl-2-3-4-5-tetra methoxybenze 4,89% of myricicin,2.71 of apiole,1.18 %of sabienne and % 0.40 of elemicin.the LD50 dose was found to be 0.563 ml/kg.In the antiinflammator experimets ,the group exposured to sf.ethylalcohol and indomethasine.In the experiment of antiinflammatory effect ,the seeds of pc had antiinflammatory effect which were higher that at 0.60 ml/kg but less effective than indomethacine at 0.015 ml/kg and 0.030 ml/kg doses.2

The whole herb used in food causes any problems .Concentrated extracts should be awoided by those with kidney inflammation ora re pregnant.Hungarian researches have recently investigated the potential antioxidant effects of parsley.Lab tests showed that flavonoid rich parsley extracts were the most effective at scavengini free radicals,although the essential oil has a significant role as well.3

TRADITIONAL USES

Researches in Morocco who looked at eighteen plants used in folk medicine to treat high boold pressure found that parsley was among the most prominent herbal remedies.Herbalists have long made use of parsley’s diuretic effect to control bodily water levels which for example helps lower high bood pressure.The seeds in particuler were at one time used to stimulate uterine muscles an deven to induce abortions.Various cultures have recognized parsley’s ağabeylity to promote digestion,treat gastrointestinal disorders,and prevent kidney and bladder Stones.The herb has also been used to relieve flatulence,urinary tract infections and discomforts associated with menstruation,menopause,asthma and jaundice.Topical remedies were used to alleviate muscle pain and promote wound healing.4

1 www.botanical.com 18.07.2009 12:00
2 www.wikipedia.com 18.07.2009 12:25
3 www.wikipedia.com 18.07.2009 23:02
4 www.herb-basics.com 18.07.2009 23:55

CURRENT USES

In small doses parsleys leaves and rots stimulate the appetite,increase stomach secretions and promote digestions.Parsley's high chrophyll contents allow it to freshen the breath whic is partly why restaurants include parsley leaves with meals.Parsley's ability to bring up phlegm from the lungs can aid im the treatment of coughs.Parsley may also be useful to help r prevent or treat:indigestion,menapouse,or bladder disoerders.1

PARTS USED

The most commonly used parts of the herb parsley are roots and seeds.However very rarely te leaves of the plant are also used.2

KEY PREPARATIONS

Parsley preparations are available in capsules, a liquid extract of the leaf and the leaf and root and as a tea.It is sometimes combined with brewer's yeast and garlic.Parsley is also available in formulas and combinations for allergy,weight loss,prostate health,bad breath and gas.3

WARNINGS

Parsley should not be consumed as a drug or supplement by pregnant women.Parsley as an oil,root,leaf,or seed could lead to uterine stimulation and pretern labor.Parsley is high in oxalic acid,a compound involved in the formation of kidney Stones and nutrient deficiencies.Parsley oil contains psoralens which leads to extreme photosensitivity if used orally.4

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3 www.wikipedia.com 19.07.2009 00:01

4 www.pdrhealth.com 20.07.2009 00:45

FEVERFEW

Latin : Tanacetum Parthenium

English : Feverfew

Turkish : Ates Otu

SHORT HISTORY

Feverfew (Tanacetum parthenium), a member of the sunflower family, has been used for centuries in European folk medicine as a remedy for headaches, arthritis, and fevers. The term feverfew is adapted from the Latin word febrifugia or "fever reducer."

HABITAT

Feverfew is a perennial herb native to south-eastern Europe and Asia. Naturalized widely elsewhere. Found growing on rocky slopes, walls, waste places and a weed of gardens. Cultivation: A very easily grown plant, it succeeds in an ordinary garden soil, plants can even be grown in walls. Often grown in the flower garden, feverfew is usually self-sowing. The leaves have a refreshing aromatic aroma. Strongly aromatic leaves are alternate, hairless, toothed, light green about 4 inches long, and divided into broad, lobed segments. The lower leaves are bipinnate with oval shaped leaflets. Gather entire plant in bloom, dry for later use.

KEY CONSTITUENTS

It ıncludes,sesquiterpere lactores (including parthenolide and santamarine) volatile oil, tannins

Bomeol,camphor,parthenolide,pyrethrins,santamarine,terpere.

Combination of dried feverfew includes 0,25% proportion chrysanthenylasetat, while fresh feverfew includes 0,017% proportion.

KEY ACTIONS

(a) Feverfew

analgesic

antirheumatic

bitter

promotes menstral flow

reduces fever

CLINICAL RESEARCH, SIDE EFFECTS

Adverse effects

No serious adverse effects have been documented in long-term users (up to 10 years).

One withdrawal study of patients previously taking feverfew suggested that abrupt

discontinuation from the herb may results in a "post-feverfew syndrome" which includes rebound headaches, joint paint anxiety and insomnia.

Mouth ulcers and lip or tongue swelling may occur in 10-15% of patients who take

feverfew, especially if they chew fresh leaves.

Health care providers primarily use feverfew to treat and prevent certain headaches, arthritis, and other painful disorders.

Migraine Headaches

Feverfew gained popularity in Great Britain in the 1980s as an alternative to conventional medications for migraine headaches. A survey of 270 migraine sufferers in Great Britain revealed that more than 70% of individuals felt substantially better after ingesting an average of 2 - 3 fresh feverfew leaves daily. Several controlled human trials have been conducted using feverfew for migraine prevention and treatment. Overall, these studies suggest that feverfew taken daily as dried leaf capsules may reduce the incidence of attacks in patients who experience long-term migraine headaches.

A clinical study used a combination of feverfew with Salix alba (white willow). White willow contains components similar to aspirin. The product was given twice daily for 12

weeks. The frequency of migraine attacks and the pain intensity and duration were significantly reduced in patients taking the combination.

Another study found that a carbon dioxide extract of feverfew decreased the frequency of migraine attacks from 4.76 per month to 1.9 per month. A 3 month study in 49 subjects found that a combination of feverfew with magnesium and vitamin B2 provided a 50% decrease in migraine attacks.

Some studies in humans have not been positive. Whether feverfew helps improve migraine pain depends on which feverfew supplement you take. Talk to your health care provider.1

TRADITIONAL USAGE

The ancients called Feverfew Parthenium because, as the legend tells, it was used to save the life of someone who had fallen from the Parthenon, the Doric temple of Athena on the acropolis in Athens. In the Middle Ages, feverfew was more obscure, the record of generations of highly celebrated Welsh physicians and herbalists. In the 1791, Feverfew was again recommended for hysteria and "sundry other disorders", mainly as a carminative and stomach bitter. Finally, feverfew was recommended by popular superstition in the 1600s to be planted around dwellings for its powers to ward off disease and purify the atmosphere. Feverfew is very popular in both medicine and cooking in Italy, and a modern Italian book. The European tradition of using feverfew as a folk medicine was carried on by the modern herbalist John Lust, possibly because of his European Naturopathic training. A final word about growing feverfew. It is an excellent garden plant and a familiar sight in many English gardens. Many people may already have feverfew growing in their gardens and not be aware of it.

PARTS USED

Ancient Greeks and Romans, according to Greek Doctor’s records stem, leaf and flowers of this plant used against symptoms such as nauseation, depression, headaches, fever reducers, stomachache, promotes menstral flow.

http://www.innvista.com/health/herbs/feverfew.htm 15.08.2009 22:02
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KEY PREPARATIONS

Feverfew supplements are available fresh, freeze-dried, or dried and can be purchased in capsule, tablet, or liquid extract forms. Feverfew supplements with clinical studies contain a standardized dose of parthenolide (the active compound in feverfew). Feverfew supplements should be standardized to contain at least 0.2% parthenolide.

Pediatric

Feverfew should not be used in children under 2 years of age.

In older children, adjust the recommended adult dose to account for the child's weight. Most herbal dosages for adults are calculated on the basis of an average of 150 lb (70 kg) adult. Therefore, if the child weighs 50 lb (20 - 25 kg), the appropriate dose of feverfew for this child would be 1/3 of the adult dosage.

Adult

For migraine headaches: Take 100 - 300 mg, up to 4 times daily, standardized to contain 0.2 - 0.4% parthenolides. Feverfew may be used to prevent or stop a migraine headache. Feverfew supplements may also be carbon dioxide extracted. For these, take 6.25 mg, 3 times daily, for up to 16 week.

Precautions1

Pregnant and nursing women as well as children under 2 years of age should not take feverfew.

Do not abruptly stop taking feverfew if you have used it for more than 1 week

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http://www.umm.edu/altmed/articles/feverfew-000243.htm

CLEAVERS

Latin : Galium Aparine

English : Cleavers

Turkish : Yoğurtotu

Amor De Hortelano [E], Barweed [H], Bedstraw, Cleavers [S], Catchweed [H], Cleavers [S,H,L,E], Cleavers Goosegrass [E], Cleever [E], Clivers [H], Eriffe [H], Everlasting Friendship [H], Gia Mara [E], Goosebill [H], Goosegrass [L,H], Grateron [E], Grip Grass [H], Hashishat Al Af'A [E], Hayriffe [H], Hayruff [H], Hedge Clivers [E], Hedgeheriff [H], Kaz Yogurtotu [E], Kleefkruid [D], Loveman [H], Mutton Chops [H], Robin-run-in-the-Grass [H], Scratweed [H], Sticky-willy [B], Stickywilly [P], Zhu Yang Yang [E],

HISTORY OF USAGE

Galium means ‘milk’ and Aparine means ‘to hold’ in Greek.1

Origin of this plant based on Mediterranean, Iran, Ethan. It extended from here to temperate regions of the world. 2

Galium aparine is a herbaceous annual plant of the family Rubiaceae. It is native to North America and Eurasia. It has several common names, including Cleavers, Clivers, Goosegrass, Stickywilly, Stickyweed, Catchweed, Robin-run-the-hedge and Coachweed.3

Annual growing to 1.2m by 3m . It is hardy to zone 3 and is not frost tender. It is in flower from June to August, and the seeds ripen from August to September. The flowers are hermaphrodite (have both male and female organs) and are pollinated by Flies and beetles. The plant is self-fertile. It is noted for attracting wildlife. We rate it 2 out of 5 for usefulness.

Cleavers has a long history of domestic medicinal use and is also used widely by modern herbalists. A valuable diuretic, it is often taken to treat skin problems such as

1 METE, Oktay, Kabalcı Şifalı Bitkiler Ansiklopedisi, Kabalcı Yayınevi, İstanbul, 2009, P:809

2 KOÇ, Hüseyin, Bitkilerle Sağlıklı Yaşama, Ankara Başbakanlık T.C. Kültür Bakanlığı Kültür Eserleri Dizisi/373, Ankara, 2002 975-17-2925-4, Ankara, P:369

3 http://en.wikipedia.org/wiki/Galium_aparine 03.07.2009 01:20

seborrhoea, eczema and psoriasis, and as a general detoxifying agent in serious illnesses such as cancer.1

Cleavers is one of the most helpful plants considered in ancient times as diuretic. Therefore, it was used to relieve edema and to promote urine formation during bladder infections. It was also used by people with lymph swellings, jaundice, and wounds and it has been used.

Cleavers is a very valuable plant, being perhaps the best tonic to the lymphatic system avaible. As a lymphatic tonic with alternative and diuretic action, cleavers may be used safely in a wide range of problems where the lymphatic system is involved. These include swollen glands (lymphadenitis) anywhere in the body, especially in tonsillitis and adenoid trouble. Cleavers is helpful in skin conditions, especially the dry kind, such as psoriasis. It is said to be helpful in the treatment of cystitis and other urinary conditions where there is pain, and it may be combined with urinary demulcents for this purpose.

There is also a long tradition for the use of cleavers in the effective treatment of ulcers and swellings. This may have its basis in lymphatic drainage, which helps to detoxify tissue. Cleavers acts directly on the kidneys much like Uva Ursi.2

HABITAT AND CULTIVATION

It grows in Australia, Britain, Britain(Wales), China, Europe, France, Iraq, Mexico(Mazatec), Spain, Turkey, Us, Us(Appalachia).

The plant prefers light (sandy), medium (loamy) and heavy (clay) soils. The plant prefers acid, neutral and basic (alkaline) soils. It can grow in full shade (deep woodland) semi-shade (light woodland) or no shade. It requires dry or moist soil. Its habitats and possible locations can be hedgerow, woodland, dappled shade, shady edge, deep shade.3

Turkey provided 2/3 of all over the world export of rubiaceae in 1700's. 4

Cleavers grows prolifically in gardens and along roadsides, and is gathered when it is

just about to flower in late spring.1

1 http://www.ibiblio.org/pfaf/cgi-bin/arr_html?Galium+aparine 03.07.1009 18:54

2 http://www.nutrasanus.com/cleavers.html 14.07.2009 13:47

3 http://www.ibiblio.org/pfaf/cgi-bin/arr_html?Galium+aparine 09.07.2009 01:44

4 BAYTOP, Turhan, Türkiye'nin Tıbbi ve Zehirli Bitkileri, İstanbul Universitesi Yayınları, İstanbul, 1963, P:397

Cleavers grows naturally in Adana, Ankara, Antalya, Bolu, Çanakkale, Erzincan, Gaziantep, Giresun, İçel, İstanbul, Mardin, Muğla, Samsun, Yozgat in Turkey.2

The results of my researches shows that there are very big potentional for growing in the vicinity of Çorum, Çankırı, Yozgat. But natives know it as a artificial plant.

Prefers a loose moist leafy soil in some shade. Plants tolerate dry soils, but they quickly become scorched when growing in full sun. They do not thrive in a hot climate. Another report says that plants succeed in most soils in full sun or heavy shade.A scrambling plant, the stems and leaves are covered with little hooked bristles by which it can adhere to other plants and climb into them. A good species to grow in the wild garden, it provides food for the larvae of many butterfly species. The stems and leaves are covered with hooked bristles, which attach to passing objects, in this way it fastens itself to adjacent shrubs, to climb its way upwards through dense undergrowth, often forming matted masses. It provides food fort he larvae of many butterfly species.3

Stems are square, covered with bristly hairs, and can grow to two metres in length. The stems are too weak to support themselves and so cling to other plants. Leaves have whorls of six to eight narrow leaflets covered with hooked hairs.4

The seed are grey-brown, rough, and bristly. A single cleavers plant can produce 3500 seeds. Cleavers seed becomes dormant in dry soil. The seed can remain viable for 1-3 years. When eaten by animals, the seeds remain viable. It is easily spread by harvesting equipment and in contaminated manure. The bristly seeds cling to the hair and wool of animals and to clothing.5

Cleavers prevents proper crop development. The clinging bristles make crop handling and harvesting difficult. It competes for light and nutrients. Therefore formers and the people who deal with digging don’t like it.

1 http://www.herbs2000.com/herbs/herbs_cleavers.htm#cleavers_uses 13.07.2009 23:56

2 http://yabanicicek.com/galium-aparine-ek-bilgi.php 11.07.2009 11:35

3 http://www.ibiblio.org/pfaf/cgi-bin/arr_html?Galium+aparine 09.07.2009 01:44

4 http://www1.agric.gov.ab.ca/$department/deptdocs.nsf/all/prm2587 08.07.2009 01:26

5 http://www.bayercropscience.ca/pest-library/Weeds/Cleavers/ 13.08.2009 16.04

KEY CONSTITUENTS AND GOOD CHEMICALS

This plant contains many substances : coumarins, ıridoid glycosides (asperuloside, acumin), tannins, citric acid, gallotanic acid,1 red dye (including galiosin),2 polyphenolic acids, anthraquinones (only in the root), alkanes, flavonoids, asperuloside.3

KEY ACTIONS

Cleavers' main action is that of a diuretic. As a way of eliminating toxins from the body via the urinary system, it is used for kidney stones and other urinary complaints, such as cystitis. In addition, its eliminative nature means it is helpful in skin conditions, e.g., eczema and psoriasis. Cleavers is thought to be an effective lymphatic cleanser, and is used in swollen lymph glands. It is possibly a combination of these detoxifying properties that has promoted its use in cancers and similar illnesses. One of the iridoids acts as a mild laxative. Cleavers has reportedly been used for insomnia. Cleavers makes an excellent facial wash as it tightens the skin. For those with the customary wrinkles and sags that come with age, this might be an herb to consider. Cleavers has cooling properties, reducing fevers and resolving eruptive infections such as measles and chickenpox. Its bitter properties stimulate liver function and enhance digestion.4

It is used both internally and externally in the treatment of a wide range of ailments, including as a poultice for wounds, ulcers and many other skin problems. It has been shown of benefit in the treatment of glandular fever, ME, tonsillitis, hepatitis, cystitis etc. The plant is often used as part of a spring tonic drink with other herbs.

A number of species in this genus contain asperuloside, a substance that produces coumarin and gives the scent of new-mown hay as the plant dries. Asperuloside can be converted into prostaglandins (hormone-like compounds that stimulate the uterus and affect blood vessels), making the genus of great interest to the pharmaceutical industry.5

The fresh leaves can be applied to cuts or wounds to check bleeding and speed healing. The juice or an infusion can be used to bathe varicose ulcers, or the fresh leaves can

1 http://www.anniesremedy.com/herb_detail215.php 03.07.2009 00:57

2 http://www.ann.com.au/herbs/Monographs/galium.htm 05.07.2009 17:42

3 http://www.herbs2000.com/herbs/herbs_cleavers.htm 11.07.2009 12:03

4 http://www.herbs2000.com/herbs/herbs_cleavers.htm 11.07.2009 12:03

5 http://www.ibiblio.org/pfaf/cgi-bin/arr_html?Galium+aparine 09.07.2009 18:27

be made into a poultice. Cleavers will soothe and cool burns, sunburn, inflammatory skin problems such as eczema and acne, and clear the skin of blemishes.1

CLINICAL RESEACRHES

One report says that it is better to use a juice of the plant rather than a tea.2

R. Willfort, who is well-known Austrian herbalist, has written in his book that it can be healed tongue cancer drinking cleavers' tea and gargling with it. With cleavers' ointment, he has mentioned that it can be cured the skin illness and this treatment can be applied with the medical treatment. Naturally, before the herbal medicine is applied, doctor's approval should be taken. It is important that cleavers' cure is applied against tongue and throat cancer. It has no side effects.3

TRADITIONAL AND CURRENT USAGE

A tea made from the plant has traditionally been used internally and externally in the treatment of cancer.4

Cleavers is one of numerous plants considered in ancient times to act as a diuretic. It was therefore used to relieve edema and to promote urine formation during bladder infections. A cooling drink made of cleavers was traditionally given every spring to clear the blood. It has also been used by people with lymph swellings, jaundice, and wounds.

The plant was traditionally used to treat skin diseases. It is a diuretic and vulnerary. Herbalists use it to lower blood pressure and body temperature, as well as for cystitis. 5

PART USED AND SOLVENT

The tender young shoot tips - raw or cooked as a pot-herb. A rather bitter flavour that some people find unpalatable, they are best used in the spring. They make a useful addition to vegetable soups. It is said that using this plant as a vegetable has a slimming effect on the body. The roasted seed is a coffee substitute. One of the best substitutes, it merely needs to be

1 http://www.herbs2000.com/herbs/herbs_cleavers.htm#cleavers_uses 11.07.2009. 12:03

2 http://www.ibiblio.org/pfaf/cgi-bin/arr_html?Galium+aparine 09.07.2009 03:11

3 http://www.evitamins.com, 09.07.2009 18:00

4 http://www.ibiblio.org/pfaf/cgi-bin/arr_html?Galium+aparine 09.07.2009 03:11

5 http://www.herbs2000.com/herbs/herbs_cleavers.htm#cleavers_uses 18.07.2009 22:36

dried and lightly roasted and has much the flavour of coffee. A decoction of the whole dried plant gives a drink equal to tea. 1

Dried aerial parts and fresh expressed juice.2

Its pulp, roots, fresh leaves, fruits and whole of the plant have been known to be used.

Cleavers is solved into water. As it will lose its property, not to be boiled is more better.3

KEY PREPERATIONS THEIR USAGE AND WARNING

1 to 2 teaspoons of cleavers tincture, 2 to 4 grams of the dried herb in a cup of boiling water or 1/2 teaspoon of a liquid extract three times a day.4

When dried and roasted, the fruits of this plant can be used to make a coffee-like drink. The plant can also be made into a tea.5

As a juice taken internally, it is the best for cases of swellings and tumors. The fresh herb is washed and it is added with water to blender to pulp it. The juice is strained and it is drunk a glass a day. It is possible to freze the juice in ice trays and defrost as required. Externally, cleavers has been used as a cream for lumps and wounds. The infusion can be taken 1 cup (250 ml), three times a day. On the other hand, the cooled infusion may be used as a wash for inflamed skin conditions.

The water (250 ml) is boilt. Then it is removed from heat and added 3-½ teaspoon of dried herb. It is covered and steeped for 40 min. Then the face and neck is often washed with this. It is an excellent facial wash as it tightens the skin.

No contraindications are known. It has been stated that diabetics should take the fresh juice with caution although this is not supported by pharmacological data. 6

Juice: It can be liquidized or pulp the fresh plant to make an effective diuretic and lymphatic cleanser for glandular fever, tonsillitis, and prostate.

1 http://www.ibiblio.org/pfaf/cgi-bin/arr_html?Galium+aparine 06.07.2009 02.43

2 http://www.ann.com.au/herbs/Monographs/galium.htm 08.07.2009 12.23

3 http://www.purplesage.org.uk, 13.07.2009 04:13

4 http://www.healthy.net/scr/article.asp?ID=1647 15.07.2009. 21:57

5 http://en.wikipedia.org/wiki/Galium_aparine 03.07.2009 01:20

6 http://www.evitamins.com 28.07.2009 15.49

Infusion: Generally it is less strong than the juice. It can be used for urinary problems such as cystitis and gravel; also be taken as a cooling drink for fevers.

Compress: It can be used to relieve psoriasis.

Hair rinse: The infusion can be used for dandruff and scalp problems.1

The effectiveness of this treatment has never been proved or disproved. According to French research (1947), an extract of the plant appears to lower blood pressure.2

It has got effective substances that poisons sheeps and cattles. The animals that has been poisoned, often pee and is seen blood in their urine and milk. 3

1 http://www.bbc.co.uk/dna/h2g2/A4298592, 09.082009 16:30

2 http://www.ibiblio.org/pfaf/cgi-bin/arr_html?Galium+aparine 16.05.2026 08:30

3 KOÇ, Hüseyin, Bitkilerle Sağlıklı Yaşama, Ankara Başbakanlık T.C. Kültür Bakanlığı Kültür Eserleri Dizisi/373, Ankara, 2002 975-17-2925-4, Ankara, P.370

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http://www.evitamins.com

VALERIAN

Latın :Valerıana Officınalıs

Englısh :Valerıan

Turkısh : Kedıotu

History1

The Grek physicions Galen and Dioscorides aptly called the plant ‘phu’ because of it’s distinctive and rarher unpleasent smell resembling that of ancient leather or something akin to stale perdpiration. The root is stil added as amusky toneto the parfumes. The plant was nwmed in 19. or 10th. Century and the name is thought to have derived from the Latin verb ‘Valere’ meaning ‘to be happy’.

For centuries, it was used for a variety of disorders, including epilepsy, which, in 1592 ,a cure of such was published by Fabius CALUMNA. First mentioned in medicinal context by İsaac JADAEVS in the year 924 CE, it has sincebeen highly regarded by herbalist as a nevrine and sedative. Dioscorides and Gerard tought that iit was an antidot efor paisons, but it is as a treatment for neurous complaints that nalerian has become most noteworty.

In cats, it acts asa stimulant and can be substituted for catnip.

In humans, it has the opposite effect and is a verypopular remedy for insoma. It has long been valuad by Nordic, Persian and Chienese herbalist.

Vallerian was used during the First snd Secund World Wars for treating shell shockand nervous conditions and insomia. The Menominee have used valerian root topically to treat cuts and wounds.

Warning l2

-Don’t take for more than tree or more weeks at a tme without abreak. Continual use or high doses can lead to headaches and palpitations.

1 www.pignc-ispi.com/forums/others/messages/378.html 24.08.2009 21:12

2 www.pignc-ispi.com/forums/others/messages/378.html 24.08.2009 21:30

-It shouldn’t be taken during the day since it promotes sleep.

-Do not take during pregnancy or whilebreastfeeding.

-Do not take with sleep-enhancing drugs as this herb increases the actions.-Do not confuse the herb with the garden plant, red American Valerian, which has no medical value.

Warning ll1

If you have liver problems, consult your doctor befor using this product. Limit alcohol intake, as it may aggravate the effects of this products. Coutionsis advised when performing tasks requiring alertness (driving). Liqıid preparation of this product may contain sugar or alcohol. Caution is advised if you have diabetes, alcohol depence or or liver disease. Ask your doctor or pharmacist about safe useof this product. This product is not recommemded for use during pregnancy.

Consult your doctor before using this product. Because of the potential risk to the infant , breast-feeding, while using this product is not recommended,Consult your doctor before breast-feeding

Traditional Usage l2

1-Valerin strengthen the heart:

Valerin has been found to strengthen the heart and can sometimes reducehigh blood pressure,if it is caused by stressand anxiety.

2-Wound Healing Prompter: It encouragesulcer and wound healing and when used topically is effective for muscle sposm and menstural cramps.

3-Valerin as an expectorant: It helps a tickling, nervous cough. In South Africa V. Capensis is used for hysteriaand epilepsy. In China V. Harwickli is used as an atisposmatik. The Menominee tribe of North America used Vviginosa for cramps and menopausal symptoms while, in the HimalayasV valichi is used almost exatly the same wag.

It has a relaxing natur is abenefitto those unable torelax during stres-related periods and in general has amore calming effect rather than a sedation one. It is also beneficial in

1 www.medidicinenet.com/valerian_valeriana_officinalis-oral/article.htm 24.08.2009 21:57

4 www.pignc-ispi.com/forums/others/messages/378.html 24.08 2009 22:31

relaxing overcontracted muscles and helpfull for shoulder and neck tansions, asthma , colic and irritiable bowel syndrome.

4-Valerin used to treat nervousspasm and tremors, phobias, insomnia and restless:

It has also been succesfully used as a tincture in treating the condition known as Ekbom's syndrome or "restless legs". This conditions causes the person to feet that they must constantly move their legs to prevent cramping. An infusion of valerin root will normally keep the symtoms at bag if taken on a regular basis after the inital course of treatment is ove. Valerin is not addictive or habitforming and causes no known side effects. However it should not be taken in large doses except under professionalsupervision.

Traditional Usage ll1

Although it is not safe to take with Valium or other pharmaceutical, it is safe to take other calming herbs such as lemon bulm, chamomile, catpit or cava and with 5-HTP. GABA and other calming supplements. However larg amount of time is not advised.

Key Actions2

Key actions of valerin: Antisposmodic, carminative, diuretic, expectorant, lowers blood plessure, tranquilizer.

In recent years, the plant has been well researched and found to have chemicals called valepotriates, which seem to depress the nervous system and act as mild muscle relexant. Although the axcract are ueful the fresh plant ismore sedating.

Valerin seems to work by calming the brain and relaxing the tensed muscles so that sleep can accurs more naturally. Compresses soaked in the trinctıre can ease muscle cramps.

Parts Used3

Root and rhizome.

Habitat l4.

1 www.pignc-ispi.com/forums/others/messages/378.html 24.08 2009 23:24

2 www.pignc-ispi.com/forums/others/messages/378.html 25.08.2009 17:33

3 www.pignc-ispi.com/forums/others/messages/378.html 25.08.2009 17:54

4 www.avogel.ca/en/plant-encyclopaedia/valeriana officinalis.php 25.08.2009 18:30

Valerin can be found in temperate zones throughout Europa, but it also grows in caucasus , west and central Asia , Siberia and Japan. It grows in all shorts of weather conditions and it's various leaf-forms are able to adopt to the spesific conditions of each particular enviroment. Generrally speaking , the plant prefers damp locations on the banks of the streams and rivers, in ditches or on damp pastures , but it also is to be found on eleveted ground in mountainousareas. Plants originnating from mountainous regions are usually more aromatic than those occuring in areas of swamp or marshland,

Habitat ll1

Native to Europa and Asian, the herb is an erect perennial, growing to 4 feet with pinnute , divided leaves and clusters of small white or pink flowers. It has a massive root system and short rhizomes. The roots are an hairly , spindlymass and collected in the automn from- two years old plants, It grows wild in damp areas and is cultivated in Germany, Holland, Belgium and Russia for Phamaceutical purpose. Other varieties are found in South America, China and Indonezia,The Himalayas and North America.Each is used for a varietyof reasons.Valerion grows as aweed in Eroupe, most ports of British Isles.

Preparation2

Valerian is cultivated in organically controlled crobs by farmers specially appointed by A.Voyel / Bioforce to grow the plant. Following harvesting in autumn, the roots and rhizome are macerated in alcohol without undergoing a drying process.

Side Effects l3

Side effects that you should report to your plescriber or health care professional as soon as possible:

- Abdominal pain

- Confussion, forgetfullness

- Depressed mood, nervousness, or other mood changes

- Dark urine and / or severe diarrhea

1 www.pignc-ispi.com/forums/others/messages/378.html 25.08.2009 22:09

2 www.avogel.ca/en/plant-encyclopaedia/valeriana officinalis.php 25.08.2009 22:25

3 www.answers.com /topic/valerian-valeriana-officialis 26.08.2009 15:10

- Difficulty staying a wake or alert

- Loos of coordination or difficulty with speech

- Rapid hearthbeat or “palpitation”

- Rash

- Shortnees at breath or difficulty breathing

- Weakness or tiredness

- Yellowing of the eyes or skin

Side effects that usually do not require medical attention:

- Stomach upset

- Drowsiness, dizziness

Side Effects ll1

Headache, blurred vission, nausea, change in heartbeat and morning grogginess may acur. If any of these effect persist or worse, contact your doctor proptly.

Very unlikely but report:Dark urine, stomach pain. If you notice other effects, not above, contact your doctor or pharmacist.

Cultivation2

A very easily grown plant, it suceeds in ordinary garden soil, prefering a rich heavy loam in a moist site. Thrives in fuil sun or in partial shade, doing well in light woodland.

Valerian is aften grown in the herb garden and also sometimes grown commerclally as a medicinal herb. When grown for it’s medicinal root the plant should not be allowed to flower.

Cats are very found of this plant, particularly the powdered root. Once a cat has discovered a pland they will often destroy it by constantly rolling over it.

1 www.medidicinenet.com/valerian_valeriana_officinalis-oral/article.htm 26.08.2009 17:43

2 www.pfaf.org/database/plants. php?valeriana+officialis+ 26.08.2009 18:00

How to Use l1

This herb should be takrn orally (swallowed) Following the direction on the package labeling, or talk to your health care proffesional,

Valerin shoulden’t beused longer more than 2 weeks without advise of ahealt care proffesional,Contract your pediatrician as healt care proffesional regarding theuse of this herb in children. Special car emay be needed.

How to Use ll2

Take by mouth, generally 30 to 60 minutes before bedtime. This product shouldn’t be taken for more than 2 weeks. Follow all directions on the product package if you are uncertain about any of the information, condult your doctor or pharmacist, if your condition persists or worsens or it you think you may have a serious medical problem, seek immediate medical attention.

1 www.answers.com /topic/valerian-valeriana-officialis 26.08.2009 21:08

2 www.medidicinenet.com/valerian_valeriana_officinalis-oral/article.htm 26.08.2009 21:37

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11)www.answers.com /topic/valerian-valeriana-officialis

12)www.medidicinenet.com/valerian_valeriana_officinalis-oral/article.htm

13) www.pfaf.org/database/plants. php?valeriana+officialis+

14) www.answers.com /topic/valerian-valeriana-officialis

15) www.medidicinenet.com/valerian_valeriana_officinalis-oral/article.htm

BREECH

Latin : Acanthus Mollis

English: Bear's Breech

Turkish: Ayı Pençesi

Subspecies and variation of bear's breech are acanthus dioscoridis, acanthus hirsutus, acnthus syriacus. It's name is derived from Latin and Greek. Acanthus in Greek means thorn and also spine or spike. Mollis in Latin means smoot or soft to touch (referring to the leaves) and flexible. "The leaves of acanthus genus were used as ornaments in architecture. Acanthus plant motifs appear extensively in Medieval Renaissance, artwork, particularly in sculptur, woodcarving and in friezes. Greeks used the leaves of acanthus to ornament grave stons."1

The plant is believed to have originated from southwest Europe and now is Native across North Africa (eg: Algeria, Morocco, Tunisia), Western Asia (eg Turkey, Syria) and South and South-Eest of Europe (Yugoslavia, Spain, France, Italy Sicily, etc . Naturalised in Britain in W. Cornwall.

This plant is seen only in spring and early summer, but it is described perennial since its underground rhizome which stays alive all year round and shoots its stalks when spring arrives. The plant does not have a true upright stem, but instead it has a short and stubby one which lies horizontally just under ground level. From this stem, numerous leaf stalks and some flower stalks grow up. Occasionally mature flower stalks produce pairs of leaves. The erect flower stalks can reach over 1 metre (including the inflorescence), while the leaf stalks, which are also long, usually bend down making the leaves lie onto the ground.

The leaves grow very large. Their size varies according to the maturity of the leaf but can reach a length of 40cm (excluding stalk) and width of about 25cm. The shape of the leaf is very elegant. There is one leaf blade per stalk which is divided into several, opposite lobes, the lower ones being larger and reaching the rachis (midrib). The leaf lobes themselves often form smaller lobes or dentations which run more or less oppositely forming a bilaterally

1 http://www.maltawildplants.com/ACNT/Acanthus_mollis.php 06.07.2009 – 22:11

symmetrical leaflet. “Another feature that contributes to the leaf elegancy is the texture, it is very soft, described as the skin of a baby and does not possess any spines or hairs. The species name 'mollis' (= soft) is without doubt given for the leaf texture.”1 The numerous flowers grow along the upright flower stalk as a medium-dense spike. A normal spike of 60cm length can produce 100 - 120 flowers. Each stalkless flower is bilaterally symmetrical and measures roughly 2 cm long x 4 cm wide x 5 cm deep. The perianth is made of 4 different sepals and one lobed petal. The bract is closely associated with the flower and is rounded with opposite spiny teeth - these being the only spines which can be found the whole part of plant.

The flower consists of 4 sepals - one lower and 3 upper which have a green colour at their base that turn to purple-brown on the outer part. Only the upper central sepal is conspicuous because the lateral sepals are very small and the lower one is covered by the bract and barely seen. The upper central sepal is also more purple than green and has the shape of a hood. In contrast, the single labiate petal is white, often with a lavender / lilac tinge and is divided into 3 lobes. “ When the flower blooms, the petal hardens but does not wither (becoming like 'paper') and so the flowers remain white and in good shape for many days.” 2

Inside the flower, and slightly visible from the exterior are the 4 stamens which are quite large and bulky. They are of equal length and arranged in a way that the 4 anthers are touching each other laterally. Each stamen has a twisted or bent, thick filament and a brown semi-eliptic anther which has many fine white bristles at one end from where the mustard-yellow pollen is liberated. The pistil consists of an inferior globular ovary, and a green style which passes just above the stamens. The stigma is indented into 2 tiny tips.

The ovules develop inside the fruit capsule that grows quite large, about 3cm x 2cm. The fruit is glabrous - sometimes shiny, lemon shaped and has a green colour. With maturity, the fruit hardens up and when ripe enough it breaks open and expels out the dark reddish brown seeds away to a considerable distance. The seeds have a hard, slightly wrinkled seed coat and their shape is oval and flattened. If the seeds are unsuccessful, the plant grows again from the extensive underground roots which are difficult to eradicate.

Prefers a deep loamy soil in a sheltered position in full sun but tolerates partial shade. Grows well in heavy clay soils if they are well-drained but dislikes heavy damp soils and will not overwinter in wet soils . Established plants are fairly drought tolerant.

1 http://www.maltawildplants.com/ACNT/Acanthus_mollis.php 06.07.2009 - 22: 11

2 http://www.pfaf.org/database/plants.php?Acanthus+mollis 06.12.2009 – 21: 32

Hardy to about -15°c , though young plants may require protection in the winter and even older ones may need protection in cold winters.

A very ornamental plant. The leaves can wilt on hot summer days when plants are grown in full sun. Plants can become invasive, spreading by suckers, and they are difficult to eradicate due to their deep roots. Does well in the lawn or wild garden. Plants can be grown in quite coarse grass, which can be cut in the autumn. Members of this genus are not usually browsed by deer.

From Seed : Sow spring in a cold frame or outside as soon as the seed is ripe. It usually germinates in 3 - 4 weeks at 10°C. When they are large enough to handle, prick the seedlings out into individual pots and grow them on for two years before planting out in late spring or early summer. A further hint for more successful growth from seeds is: " Scratch seed with a nail and then soak in warm water for three days, changing the water every eight hours with fresh warm water. Sow by covering the seed completely, darkness needed for best results, germination is often in 10 days at 70 F but can be spread-out over a few months too. This depends on how fresh the seeds are, new seeds take a long time to germinate and old seed is happy to germinate quicker. One can also leave the seeds out to dry for a few weeks before soaking. "1

The leaves and roots of acathus mollis contain emollient, vulnerary depurative substances. We can explain this substances so:

" Vulnerary : An element which purifys and enables to cicatrizastion wounds.

Emollient : A substance which softens tissue and especially skin.

Depurative : An agent which is able of purifying the blood or the humours." 2

Besides this plant contains lage amount of glue and resin. The whole of plants was determined thick and soupy liquid(helme). " Moreover different cells of acanthus mollis produce aqueous which is antifeedent and liquid substance. This substance is hydroxamic and benzoxazin, which exists in plant's extracts." 3 In different morphological parts of acanthus mollis were quantified 2,4- dihydroxy-, 1,4- benzoaxin-, 3- one (DIBOA) and 2-benzoaxazolinone (BOA). The highest DIBOA content was determined in the stamens of

1 http://www.hillviewhardyplants.com/acanthus.lasso 06. 10.2009 20:42

2 http://www.maltawildplants.com/ACNT/Acanthus_mollis.php 06.07.2009 22:11

3 http://www3.interscience.wiley.com/journal/118904814/abstract?CRETY=1&SRETRY=0 07.02.2009 18:14

the flowers. “DIBOA and BOA in the leaves are natural factor of resistance against insects. This substances protect acanthus mollis from phytophagous insect.”1

Acantus mollis is used for this purposes:

It is used as diarrhoea stopper or to control Diarrhoea.

When it is used on a specific area, it causes shrinkages by drying the surface walls so injuries quickly form a crust.

As it cleans the blood or secretions (body liquids), it is good for the liver diseases.

It is utilized to clear the injuries and ulcer. If this plant is cut into small pieces and let rest in cold water, it becomes an effective ointment for injuries and abscesses.

It is used as a softener because it contains an item softening the tissues especially the skin. When it is applied to the skin, it smooths out the skin and it works as a moisturizing cream.

As it provides mucus, pituitary and other liquids to go out by sneezing or by spitting from the lung or trachea, it is used as expectorant.

It strengthens the tummy and it is good for the indigestion.

İt is a pain killer.

Its water getting by squashing is good for anorexia.

“ Traditionally the plant is used to heal the out of joints and burns. A kind of paste is made from the plant and when it is used on the out of joint areas, it turns the damaged muscles and bonds into normal, spontaneously it relieves the joints and it joins them to their former places by stretching them out.”2

Squashing leaves are used as a poultice to cure the burn traces.

“ It doesn’t have a particular side effect or poison but when picking,it doesn’t have to be mistaken with its other types that comes from the same family (Acanthus hirsus, Acanthus spinousus).” 3 Otherwise it may operate as a poison. “ Acanthus mollis makes a good ground

1 http://cat.inist.fr./?aModele=afficheN&cpsidt=15698349 07.02.2009 18:14

2 http://www.pfaf.org/database/plants.php?Acanthus+mollis 06.12.2009 21:32

3 Botanica The Illustrated A- Z Over 10.000 plants

cover plant."1 Relatively slow to cover the ground at first, but it can eventually become invasive.

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http://www3.interscience.wiley.com/journal/118904814/abstract? CRETY=1&SRETRY=0

http://cat.inist.fr./?aModele=afficheN&cpsidt=15698349

Burnie Geoff, Botanica The Illustrated A- Z Over 10.000 plants, 1999, p: 44

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http://www.wjgnet.com/1007-9327/13/6538.asp

http://mekarditamanku.blogspot.com/2007/03/jeruju-acanthus-montanus-nees-t.html

1 http://www.pfaf.org/database/search_use.php?K%5B%5D=acanthus++mollis 06.07.2009 – 00:13

CASHEW

Latin : Anacardium Occidentale

English : Cashew

Turkish : Hint Fıstığı (Kaju)

The difference between peanut is that Occidentale grows on tree. Mature occidentale seems like a red apple as if the apple's vine is stick to the opposite side of the usual. The other side of the occidentale, there is the seed of the fruit in J or a kidney shape. This seed is our tasteful peanut. The peanut is collected from the fruit.1

Cashew can reach to 12 meters in rich soiled areas. The leaves are oval, light green and have a skin like surface. There is a red-orange colored fleshy part over the seed. At a glance, it seems like a fruit and so it is called Cashew Apple, which is formed from the grown vine.2

The fruit of the cashew, produced by poor nations and consumed by wealth nations, is like and cashew seed is like peanut in terms of taste. At the height of a cherry or apple tree, cashew tree is found in tropical and equatorial regions. Like all fruit trees, fruits forms on flowered branches in the middle of the fruits, the seeds, cashew peanut blossoms. Cashew seeds, blossoms in the tropical regions of America, are nutrient.3

Scientific Classification	
Kingdom	Plantae
Phylum	Magnoliophyta
Class	Magnoliopsida
Order	Sapindales
Family	Anacardiaceae
Genus	Anacardium

1 http://nedir.antoloji.com/kaju-fistigi 07/07/2009 20:00

2 http://www.nuveforum.net/1692-sakiz-agacigiller-anacardiaceae/60571-kaju-anacardium-occidentale-tropikal-iklim-bitkisi/ 14/07/2009 21:15

3 http://www.forumfood.net/showthread.php?t=8392 10/07/2009 18:45

Species	A Occidentale
Binominal Name	Anacardium Occidentale

Reference: http://tr.wikipedia.org/wiki/Kaju, 14/07/2009 22:22

SHORT HISTORY

Cashew (Anacardium Occidentale) is a tropical climate plant from the tranquil family (Anacariaceae). Blossomed in Brazil and delivered to the world by Portuguese. Generally found around equator.1

In the beginning of the 16th century, when Portuguese invaded Brazil, also explored cashew tree. Portuguese conquerors carried the seeds of cashew to West African Costs from Brazil and let the first Portuguese settlers breed this plant. This plant's name's origin is a Portuguese word. This is how cashew meets West Africa and spreads.2

Today, world's largest cashew producer and exporter is Kerala Cashew Union in India. Biggest importer is USA: Brazil is 2nd in production and exportation and Africa is 3rd.3

HABITAT AND CULTIVATION

Rainy and humid equatorial climate is highly convenient because cashew trees blossom in tropical climates. Due to the climate, cashew tree adapted to West African Coasts easily and outspreaded rapidly. On the west coast Gabon, Angola and Namibia, on the East Coast Mozambique, Kenya and Tanzania are the guest countries of cashew. Cashew tree is bred in India as well as Brazil and Africa.4

India's harvest time is May and Brazil's is October so there is no lack of cashew in the world. Cashew can be found in our local markets all the year. Since fruit of cashew corrupts rapidly, there is no economical value. The reason why cashew is more expensive than other peanut species are that the cashew cannot be bred in all climates and only single cashew can be derived from single fruit. 5

1 http://tr.wikipedia.org/wiki/Kaju 14/07/2009 22:22

2 Same Source

3 Same Source

4 http://tr.wikipedia.org/wiki/Kaju 14/07/2009 22:22

5 Same Source

Cashew can be found unsalted and unroasted in dry fruit shops at a reasonable price. Packed and processed cashews are definitely more expensive. Average minimum price is 15 TL/kg and average maximum price is 29 TL/kg.1

GOOD CHEMICALS

Nutrient	Unit	In per 100g.
Water	G	1,70
Energy	kCal	574
Protein	G	15,31
Total Lipid	G	46,35
Carbon hydrate	G	32,69
Fibre	G	3,0
Sugar	G	5,01

Minerals	Unit	In per 100g.
Calcium	g	45
Iron	g	6,00
Magnesium	g	260
Phosphor	g	490
Potassium	g	16
Sodium	g	565
Zinc	g	5,60

Vitamins	Unit	In per 100g
Thiamine	g	0,200
Riboflavin	g	0,200
Niacin	g	1,400
Vitamin B-6	g	0,256
Folate	cg	69
Chlorine	g	61
Vitamin E	g	0,92

1 http://www.kadinlarkulubu.com/bunlari-biliyor-muydunuz/212865-kaju-fistigi.html 17/07/2009 18:52

Manganese	g	0,826	Vitamin K	cg	34,7
Selenium	cg	11,7			

Cashew is a very rich copper (35g cashew meets %38 of daily requirement), magnesium (35g cashew meets %22,5 of daily requirement), tryptophan, (35g cashew meets %22 of daily demand), phosphor (35g cashew meets %16,8 of daily demand) source. Cashew is also rich in terms of zinc, selenium and iron.1

A large amount of the fat in cashew (%75) is unsaturated fat which is beneficial for health. A large amount of this unsaturated fat consists of oleic acid, a mono unsaturated fat. Mono unsaturated fats are also in olive oil and a protector of heart.2

KEY ACTIONS

Includes selenium, a mineral that protects the organism and prevents the diabetes. This mineral protect organism against metal poisoning and increases the resistance against cancer.

Includes the iron mineral especially required during pregnancy.

Includes Vitamin D and this vitamin augments bones, strengthens bones, and helps immune system.

Magnesium arranges the systematic work of bone, neurons, muscles and heart beat. Eases the menstrual stress.

Includes Zinc, which increases the resistance of body, helps the wounds heal, increases the mobility of sperms, protects against flu and has positive effects on growth, anabolic reactions and pregnancy.3

Potassium reduces the tension. Makes the nerves and heart work healthily.

Includes calcium which is necessary for coagulation, muscle strength and nerves.

1 http://www.zalimsultan.com/forum/index.php?action=printpage;topic=7962.0 19/07/2009 19:13

2 Same Source

3 http://nedir.antoloji.com/kaju-fistigi 07/07/2009 20:00

It is a marc food. This kind of food prevents some harmful materials from adhering to intense which causes cancer and protects against cancer.

Helps against cardiac failure, kidney disorders, hepatitis and cirrhosis.1

CHEMICAL RESEARCH

Cashewnut shell liquid and its distillation products cardanol and CNSL-residue have become very important raw materials because of their versatile uses in surface coatings, plastics, rubber, synthetic chemicals and drugs, synthetic wood and other fields. The multisided applications of CNSL are due to the presence of the phenolic group in its structure, combined with an unsaturated long side chain.2

Cashew research in India dates back to 1950's when Indian Council of Agricultural Research sanctioned ad hoc schemes in the then composite Madras, Travancore, Cochin and Bombay States. In the second phase of strengthening cashew research in India, the ICAR started All India Spices and Cashewnut Improvement Project in 1971 linking different research centres in the country as a network. Collection, conservation and evaluation of germplasm, hybridization and selection, vegetative propagation, and nutritional studies were the primary areas under this programme.3

Research on cashew in other parts of the world has been fragmentary. However, considerable interest in this crop had been evinced of late by a number of countries. To take stock of the situation and plan future research and development work, an International Cashew Symposium was jointly organised by the Indian Council of Agricultural Research, Indian Society for Plantation Crops and the International Society for Horticultural Sciences for the first time in the world during March, 1979 at Cochin, Kerala, India. The Films Division of Government of India brought out a special film to commemorate the first International Cashew Symposium. A monograph on cashew and a bibliography on cashew work in India were also released.4

TRADITIONAL AND CURRENT USAGE

Cashew fruit can be consumed both fresh and jam. Juice of the fruit can be fermented and prepared for wine. The collected cashew seed are derived from the shell and eaten after

1 http://www.nurlular.com.tr/?s=108&sayfa=urundetay&uid=57&urun=cashew_(hint_fistigi) 19/07/2009 12:00

2 http://www3.interscience.wiley.com/journal/113436720/abstract?CRETRY=1&SRETRY=0 14/07/2009 12:15

3 http://www.actahort.org/books/108/108_0.htm 21/07/2009 20:53

4 Same Source

roasting. Outer shells of the seeds are generally cracked by burning and inner shell is cracked by breaking. After cleaning, seeds are consumed as dry fruit and can be cooked in some meals. Also cooking fat can be derived and used in frying and salads.1

PARTS USED AND SOLVENT

Cashew seeds, seems like big beans, are covered by two shells. Outer shell is thin and flexible, inner shell is hard. Between these two shells, there is a brown fat which causes swellings on skin. This fat is used in making insecticides and plastic. Not only seeds of cashew tree are used, also wood and paste is also used. Wood is used for building chests and crafts.2

SIDE EFFECTS

According to the researches of USA Illnesses Control Centre, cashew is included in allergic foods in wooden nut section. Allergic symptoms can be specific and urgent. Skin diseases like miliaria, urticaria, itch and eczema can occur. Also swelling in tongue, lips and throat may occur. Itch in mouth or nose congestancy, other inhaling problems and vertigo are other symptoms.3

Cashew is one out of few foods oxalated. If oxalate highly concentrates with body liquid, crystallizes and causes health problems. So, ones who have kidney and gallbladder disorders must avoid eating cashew because oxalate may reduce the absorption of calcium.4

Cashew is rich in terms of energy. 35 gram of cashew includes 201 calories so, mustn't be consumed too much.5

1 http://www.nuveforum.net/1692-sakiz-agacigiller-anacardiaceae/60571-kaju-anacardium-occidentale-tropikal-iklim-bitkisi/ 14/07/2009 21:15

2 http://www.nuveforum.net/1692-sakiz-agacigiller-anacardiaceae/60571-kaju-anacardium-occidentale-tropikal-iklim-bitkisi/ 14/07/2009 21:15

3 http://www.whfoods.com/genpage.php?tname=foodspice&dbid=98 19/07/2009 18:12

4 Same Source

5 http://www.zalimsultan.com/forum/index.php?action=printpage;topic=7962.0 19/07/2009 19:13

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POPPY

Latin : Papaver Macrostomum

English : Poppy

Turkish : Gelincik

HISTORY

The red poppy is the treditional symbol of America. When it was remembered, perhaps its reason is that grows generously in the fields and near the cemeterious of the Flanders Region of France and Belgium, where more than thousands of dead soldiers, who were all Allied of World War 1, buried.1

This is one of the most popular wild flowers in Europe, known as both its beauty and its World War 1 memorial.

Red poppy was established as a memorial flower of the First War by a Gergia woman, whose name is Moina Michael. It was accepted by the American Legion as its official memorial flower in 1921, it has been used by the American Legion nd similar organisations around the world in honor and active military service personnel for every war up to now.2

Because of flourishing as a wild in grain fields, it is long known as the corn poppy. It is now usually called the Flanders poppy grew abundantly in the trenches and craters of the war zone. Shrapnel mixed up the earth and exposed the seeds to the light they needed to germinate. It is also called poppyin Turkey flourishes in early spring, as it did in April 1915 when the Anzacs landed at Gallipoli. Poppies grow in almost every country. California has the Golden Poppy and also poppies grow in the Negew Desert. Following World War 1 in the years governments and all of societies had not accepted weakness and left bereft as a result of war. The big unemployment in Britain accentuated the problem.

1 http://www.herbs2000.com/herbs/herbs_poppy_red 08.07.2009 18:43

2 http://www.maltawildplants.com/papv/papaver_rhoeas 08.07.2009 18:30

The British Commender Earl Haig undertook task of organising the British Legion. A group of widows of French called on exserviceman at the British Legion Headquarters in 1921. They brought near them from France some poppies, which they had made, and suggested that they can be sold as a mean of raising money for helping the distressed among those, who were incapacitated as a result of war.

The first red poppies, which made in France came to Australia in 1921. In Australia single poppies came not usually worn on Anzacs Day, the poppy belongs to Remembrance Day, 11 November.

The red poppy was first told as a flower of remembrance by Colonel John Mccrea, who was Professor of Medicine at McGill University of Canada before World War One.

Colonel Mccrea served as a gunner in the Boer War, but later he went to France in World War 1, as a medical officer with the first Canadian Contingent.

The returned soldiers and sailors Imperial League of Australia first sold poppies Armistice Day 1921. Thus the League imported one millione silk poppies made in French orphaneges.1

HABITAT AND CULTIVATION

Red poppy is native to North Africa, Europe and warm regions of Asia. This herb is naturalized in North and South America. However it grows also well on roadsides too.

This flower can be also picked during summer.2

NATIVITY: Northern Africa: Algeria, Egypt, Libya, Morocco, Tunisia.

Western Asia: Afghanistan, Cyprus, Egypt-Sinai, Iran, Iraq, Israel, Jordan, Lebanon, Syria, Turkey.

Caucaus: Armenia, Azerbaijan, Georgia, Russian Federation-Ciscaucasia, Dagestan.

Indian Subcontinent: Pakistan

1 http://www.diggerhistory.info/pages-tributes/poppy.htm 08.07.2009 18:00

2 http://www.herbs2000.com/herbs/herbs_poppy_red 08.07.2009 18:43

Northern Europe: Denmark, Ireland, Norway, Sweden, United Kingdom.

Middle Europe: Austria, Belgium, Czechoslovakia, Germany, Hungary, Netherlands, Poland, Switzerland.

East Europe: Belarus, Latvia, Lithuania, Russian Federation-European part, Ukraine, Krym.

Southeastern Europe: Albania, Bulgaria, Greece, Italy, Sardinia, Sicily, Romania, Yugoslavia.

Southwestern Europe: France, Portugal, Spain, Portugal-Azores, Madeira Islands, Spain-Canary Islands

It is also naturalized in North America.

The red poppy prefers well drained sandy loam in a sunny situation. They dont cultivate wellon wet clay soils however they succeed in most other soils.

Members of this genus are rarely if ever troubled by browsing deer or rabbits.1

KEY CONSTITUENTS & GOOD CHEMİCALS

Red poppy contains alkoloids , including papverine, rhoeadine, isorhoeadine and many others, mecanic acid, mekocyanin, mucilage and tannin. The alkoloids are similar the opium poppy but they are much milder.2

Red poppy is very slightly narcotic. The most important constituent of fresh petals is the red colouring matter, which consists of rhoeadic and papaveric acids.This colour is much darkened by alkalis.

All parts of plant contain crystalline nonpoisonous alkaloid rhoeadine. The amount of active ingredients is very small and rather uncertain in quantity. There is a great controversy about presence of morphine.3

1 http://www.maltawildplants.com/papv/papaver_rhoeas 08.07.2009 18:30

2 http://www.herbs2000.com/herbs/herbs_poppy_red 08.07.2009 17.40

3 http://www.maltawildplants.com/papv/papaver_rhoeas 08.07.2009 18:30

KEY ACTIONS

The red poppy is ligttly analgesic and also sedative. These properties was fully exploited. Especially it is used in European herbal medicine and also it is used for the needs of children and the elderly. Capable of reducing over- activity, and also suppressing irritating coughs.

The red poppy can also be used as a pain reliever. The herb is also used for insomnia, asthma and nervous irritability.

The herb's capacity for induce sleep medicinally in children was utilized through the ages and the flowers of the red poppy contain traces of alkoloids, which induce sedation; but scientific research on this subject has not been completed yet.1

The plant has another medicinal properties. It is used to relieve pain, used in the treatment of cancer, and used to promote the menstrual discharge.

It is substanced resembling cream and when applied to the skin; there is a soothing ad moisturising effect.

It is used to promote sleep where the effect is intermediate between a sedative and narcotic.

It is used for making drowsy or sooth patient but it is not strong enough to induce sleep.2

CHEMICAL RESEARCH

The average chemical composition of poppy seed,along with minerals and water soluable, vitamins content was also researched.

The compositions of the fatty acids and tocopherols of the extracted oil were also determined.

The proximate analysis of poppy seeds showed the following composition: (440g kg), protein (211g kg), moisture (50g kg), ash (63g kg), crude fine (62g kg), and total carbohydrates (236g kg). Potassium and calsium were the predominant elements in the poppy seeds. Linoleic acid was the major unsaturated fatty acid (750g kg total fatty acids)

1 http://www.herbs2000.com/herbs/herbs_poppy_red 08.07.2009 17.40

2 http://www.maltawildplants.com/papv/papaver_rhoeas 08.07.2009 18:30

while palmitic acid was the main saturated one (86-4g kg). Among the water soluable vitamins determined, pantothenic acid was found at the highest level followed by niacin and thiamin. 1

SIDE EFFECT

There is no consensus about dosage. It has potential CNS depressant effects. In skin it can be happened allergic contact dermatitis. Because of analgesic peculiarities it can be pregnants of breast-feedings.2

TRADITONAL USAGE & CURRENT USAGE

The red poppy is along with an analgesic also a sedative. The red poppy contains a nonpoisonous sedative alkaloid called rhoeadine. The sedative properties of the herb were used good by mothers of older times. When they fed their children, they used laced with red poppy, so that they would sleep undisturbed for long hours.The blossoms of red poppy used to also used by mothers when they compounded them into a cough syrup for children.

Now poppy seeds are one of the most popular herb used in baking.3

Poppy cultures are used nowadays in 2 precise purposes:

A) Medical: the morphine made from poppy is an important propertyin medicine in old times doctors used morphine for putting patients to sleep. Today, morphine is used under medical control to calm the patient's pain.

B) As a drug: Poppy cultures in Afghanistan and China ensure the world bazaar with significant drug quantitities.4

PARTS USED

The petals are harvested while the flowers open and they are dried for later using. The leaves and seeds are tonic. They are used for the treatment of low fevers.

Seeds raw or cooked. They are used much as a flovouring cakes, breads and fruit salads. Their seeds are perfectly safe for eating, they contain none of alkaloids. An useful oil is obtained from seeds. They can be used in salads or meals. Leaves raw or cooked. They are

1 http://www.herbs2000.com/herbs/herbs_poppy_red 08.07.2009 17.40

2 http://www.maltawildplants.com/papv/papaver_rhoeas 08.07.2009 18:30

3 http://www.herbs2000.com/herbs/herbs_poppy_red 08.07.2009 17.40

4 http://www.maltawildplants.com/papv/papaver_rhoeas 08.07.2009 18:30

used like spinach. They flovour soups or salads. The leaves should not be used after the flower buds have formed. In flowers a syrup can be prepared from the scarlet flower petals. It was also used as a substitude for tea in the past. Their Red colour from petals is used as a food flovouring especially in wine.1

KEY PREPARATIONS & THEIR USAGE WARNINGS

For infusion of red poppy, pour cup of boiling water onto 1-2 teaspoonfuls of the dried flower petals. Later leave to infuse for 10-15 minutes. This infusion drunk thrice every day.

For tincture: Red poppy tincture is taken 2-4ml thric every day.2 It can contain potential toxic alkaloids. Red poppy's toxic dose can not be estimated. It is adviced patient to consult a health care provider before using herbal preparations, because a treatment has been researched clinically. It must be avoid usingred poppy in pregnants or breastfeeding patients. It must be used cautiously in patients with a history of allergic.3

1 http://www.maltawildplants.com/papv/papaver_rhoeas 08.07.2009 18:30

2 http://www.herbs2000.com/herbs/herbs_poppy_red 08.07.2009 17.40

3 http://www.home-remedies.info/herbal-medicines/red-poppy 09.07.2009 12:20

CARIANDRIUM SATIVUM

Latin : Cariandrium Sativum

English : Corriander

Turkish : Kişniş

The name coriander originates in the plant's strong bug-like smell of the leaves. The Greek word koros means insect or the Greek word koriannon meaning bug. The specific name refers to its cultivation in gardens. Taken together, the full scientific name calls coriander 'the cultivated buggy-smelling plant.1

Hippocrates recommended the use of coriander as a medicine. Pliny mentioned that the highest quality coriander to be found in Italy was that which was grown in Egypt. Coriander seeds appear to have been quite prized by the Egyptians as they have been found in tombs of the 21st dynasty.

Late Bronze Age invaders introduced coriander into Britain. The invaders used coriander to flavor their barley gruel. The British mixed coriander with cumin and vinegar and used to preservemeat.2

Farmers in the Essex, England region refer to coriander by the name of Col. Thought to be an aphrodesiac, coriander was added to love potions during the medieval and Renaissance periods. Robert Turner would appear to agree with this assesment and said that when consumed with wine, coriander "stimulates the animal passions."

The Israelites used coriander in their cooking. The Book of Numbers compares coriander withmanna.

And, the Chinese believe that those who consume coriander seeds will be rewarded with mmortality.

Gerard described coriander as a "very stinking herb" but did discuss the merits of the dried seed.

1http:// www.ourherbgarden.com/herb-history/coriander.html 07.07.2009 – 17:53

2http:// www.herbs2000/herbs/herbs_corainder.htm 07.07.2009 – 18:46

Coriander was introduced to Mexico and Peru by the Spanish conquistadors. Once there, coriander quickly became an integral ingredient in their chili.

Coriander thrives in well-drained, fertile, deep, medium to heavy soil. Don't over fertilize, as too much nitrogen delays the ripening of the fruits (seeds) and diminishes their flavor. Tolerated pH range is 4.9 to 8.2.

Coriander tolerates cold and heat, but does require full sunlight and watering during dry periods.

Grow coriander in a location that is protected from the wind, as the plants are susceptible to being blown over when they are top-heavy with seeds.

Coriander does not transplant well, so sow seeds directly in the garden just after your last spring frost date. Plant seeds, with the husk left on, 6 mm (1/4 inch) deep. Seedlings usually appear in 10 to 20 days.1Thin seedlings 10 cm (4 inches) apart. Keep area free of weeds.

Sow seeds every 3 weeks for a continuous supply of cilantro (leaves). The plants grow fast, and flower and go to seed quickly in hot weather. Leaf production stops once the plant flowers.

Generally pest-free, but susceptible to fungus diseases, especially in moist, rainy conditions and if the soil is too rich in nitrogen. Also liable to root rot, if the soil is poorly drained.

Self-seeds readily, and if unchecked, can become a persistent weed. Coriander survives light frost very well, but is an annual that does not over winter. However, as the plants often establish themselves from the dropped seeds of the previous season's crop, you can look forward to an early yield next year. Growing in containers - Like most annual herbs, cilantro is happy to grow in a pot if the conditions are suitable. Put it in a sunny spot, using a standard potting mix in a 10- or 12-inch (25 or 30 cm) container. Most potting mixes are low in nutrients, so the plants will benefit from feeding every three weeks with fish emulsion fertilizer, or commercial fertilizer with low numbers. (It's particularly important that the first number, representing nitrogen, is under 10.) Because the plant is malodorous for a few weeks while ripening its seeds, you might want to position it slightly away from seating areas and doorways.

1http:// www.jabs.org.uk/forum/topic.asp?TOPIC_ID=1271 07.07.2009 – 21:23

Indoors, cilantro can supply fresh leaves for the kitchen all winter from two or three successive plantings. Bright light and a cool temperature will keep the plants producing fresh leaves. Production of coriander seeds requires outdoor conditions and strong sunlight, and can't be accomplished indoors.particularly when disturbed, the derivation of coriander being from the Greek word koris meaning stinky bug.

It was the unpleasant smell of coriander that led to its use as a medicine. The ancients believed that anything with such a strong and1 unpleasant odor must 2surely possess powerful curative and/or preventive attributes.

The British Pharmacopoeia of medicines discusses coriander but it is now mainly used to disguise the taste ot unpleasant medicines. 3Coriander water was once used to ease flatulence and 'windy colic'. It was also used in ointments for the relief of rheumatism and arthritis.

Coriander seeds can have a narcotic effect when consumed in quantity which is perhaps how it became to be known as 'dizzycorn'.

In the bible, coriander is compared with manna. The Chinese associated it with immortality and it is mentioned in Sanskrit texts and has been recognised as an important culinary and medicinal herb since early times.

It was highly regarded as an aphrodisiac from the times of the early Greek, Roman and Egyptian civilisations to the Middle Ages when it was an ingredient of love potions. Hipocrates made a number of mentions of coriander’s application in medicine.

In some areas coriander leaves are referred to as cilantro and it is at times confused with parsley, sometimes being referred to as Mexican parsley or Chinese parsley. Coriander is not to everybody’s liking. I like it. I like it with fish.

Some commonly refers its taste as “soapy”. Its aroma in the garden can be unpleasant,

Traditionally coriander has been used therapeutically mainly in the form of an infusion for children's diarrhea, digestive upsets, griping pains, anorexia and flatulence. It was studied in Egypt for its effects in lowering glucose and insulin levels and supporting pancreatic function. For emotional healing this oil can be used to encourage creativity,

1 http://medicinal-plants.suite101.com/article.cfm/coriander_for _healing 07.07.2009 – 23:45

2 http://home.earthlink.net/jedcline/cilantro.html 07.07.2009 – 21:11

3 http://www.botanical.com /botanical/ngmnl/corian.html#par 07.07.2009 – 21:43

imagination, good memory, confidence, motivation, optimism, sincerity, expressiveness, and enthusiasm.

In modern times coriander has been shown to have anti-inflammatory, sedative, and analgesic properties. It is used for diabetes, arthritis, and intestinal problems. The primary use of coriander is strengthening. It promotes digestion and can cause a mild feeling of euphoria. Many today use it in conjunction with dill oil to promote pancreatic health and to aid in the control of diabetes.

Coriander can be diluted one part essential oil to one part mixing oil. It can be diffused or directly inhaled or taken as a dietary supplement. Coriander mixes well with lemon, tea tree, lavender, peppermint, cardamom, bergamot, clove, cinnamon, clary sage, frankincense, geranium, ginger, grapefruit, neroli, orange, palmarosa, pine, ravensara, ylang ylang, jasmine, nutmeg, jasmine, petitgrain, sandalwood, and cypress. Coriander is generally non-toxic, non-irritant, and non-sensitizing.

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CORNSILK

Latin : Zea Mays

English : Cornsilk

Turkish : Mısır Püskülü

HISTORY OF THE USAGE

Cornsilk(zea mays) has been harvested for over 7000 years.By the time Columbus arrived in the New World.Corn was being grown from Canada to the tip of South America , but was largely unknown in Europa.Cornsilk is the fine, silky, yellowish threads that stick out from the tip of an ear of corn.It may be used fresh or dried usually by the sun and has a long history of health virtues.

Throughout history, cornsilk tablets and teas have been used as a remedy for such things as urinary conditions and rheumatism.This extract wasalso recorded during the 18th century as having been used for its diuretic attributes.

Some common ailments that people would turn to consilk herb extract to help with were kidney, urinary tract and bladder infections,bed wetting problems,cystitis,liver and gall bladder complaints.Some other benefits of this extract include it being used to help with the symptoms of arithritis and gout (a painful inflammation caused by defects in uric acid metabolism resulting in deposits of the acid and its salts in the blood and joints)

Today there are clinical studies being conducted involving cornsilk herb tablets for its help with urinary and prostate problems.1

HABITAT AND CULVITATION

The corn is native to the Andean ranges and to areas in Central America , Peru could be its place of origin these days, corn has became a major food crop of the world and is grown extensively around the world. In the spring time , the seeds are sown to propagate that year’s crop of corn. The corn plant grows very quickly and the harvest of the ripe cob and

1 www.healthtree.com, 27,08, 2009, 12:22

the corn silk is carried out during the summer, these are carefully separated and used immediately or they are dried in the sun for storage and later use.1

Nowadays, corn, maize or Zea mays is a grass extensively cultivated as human and animal food and as fodder for cattle.

KEY CONSTITUENTS

Flavonoids

AlIantoin

Alkaloids

Saponins

Volatile oil (about 0.2%)

Mucilage and resin

Vitamins C and K

Potassium

Maizenic acid

Fixed oil

TRADITIONAL AND CURRENT USAGE

Cornsilk tea is also commonly used today as a diuretic and it has also been known to be effective in helping with weightloss.The extract is also stil used to help children or older individuals with bedwetting problems.Cornsilk might also help with renal colic,which is a sharp pain in the lower back that radiates into the groin,usually associated with the passage of a renal calculus through the ureter.The urinary tract is thought to work well with cornsilk extract in dealing with disorders involving the formation of stones.Further studies are needed to confirm this hypothesis.Other uses for cornsilk extract by herbalists ar efor cystitis and rheumatism.Cornsilk is also said to be an excellent source of vitamin ‘k’ which has been known to slow bleeding. For external use, cornsilk has been made into hand and also cornsilk cosmetics. It is believed to be soothing to the skin.

1 www.midwifertoday.com, 27,07, 2009, 16:00

An excellent remedy for urinary conditions such as retained urine, burning urine, kidney stones, bladder infections, gonorrhea and as a lymphatic system cleanser boil cornsilk from 3 ears of corn in 3 cups of water for 5 minutes and drink in sips all day long. The use of herbal remedies, including this particular remedy, classified as Zea mays, are popular as an alternative to standard Western allopathic medicine for a variety of problems, including prostate disorders, a diuretic as well as for bedwetting and obesity. Zea mays is an effective remedy for various ailments and this natural holistic approach to health is becoming more and more popular. Cornsilk tea can be effectively used many illnesses.

Bladder; Cornsilk has been found useful in both acute and chronic inflammations of the bladder, whether traumatic or idiopathic. it is especially of value in the bladder disorders of children.

Calculi; in southern France ,the inhabitants use Cornsilk as a domestic remedy for calculi, gravel and strangury.

Cystic irritation; cornsilk has been found of value by physicians in the treatment of cystic irritation, due to phosphatic and uric acid concretions.

Diuretic; cornsilk is diuretic and has been found useful in many urinary troubles,associeted with renal and cardiac disorders.Besides its diuretic effects,the drug seems to be a cardiac stimulant as well.In fact,its diuretic action is largely due to its tonic action upon the heart and blood vessels.In the United States ,the silks are stil sold as a diuretic.

Dropsy;the diuretic action of cornsilk appears to be beneficial in dropsy,especially that of renal or cardiac origin and particularly after such urinary disorders.

Cornsilk is beneficial in order to diminish inflammation.1

KEY ACTIONS

Urinary and prostate problems

Weightloss

Bedwetting problems

Renal calculus through ureter

1 www.globalfusion.us, 17,08, 2009, 17:18

Bleeding

Cystic irritation

Relieved

Kidney and bladder conditions

Diuretic

Demulcent

Anti-inflammatory

Tonic1

PARTS USED AND SOLVENT

Only cornsilk(styles and stigmas) is harvested for medicinal properties.Cornsilk should be harvested just before pollination occurs.After the corn plant has shed its polen,the silk is gathered, dried and powdered for various uses. It contains silicons,B vitamins,moderate amounts of iron,zinc,potassium,calcium,magnesium and phosphorus. Cornsilk can be used fresh or dried.The corn kernels(or corn) are well known a food.(kernals,oil,cornstarch)

Solvent:water,diluted alcohol.

RESEARCH AND CLINICAL TESTS

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The effectivity of water extract from the style of cornsilk(zeamays) on diabetic nephropathy was investigated in the development of new natural medicinal resources.Streptozotocin(STZ) induced diabetic rats were used to evaluate the therapeutic effect of the style Urinary albumin excretion and creatinine clearance were examined for diagnosis of diabetic nephropathy. From these results it was learned that the style of zea mays

1 www.herbs2000.com, 12,98, 2009, 03:32

prevented glomerular hyperfiltration .The present findings indicated that the water extract of the title material suppressed the progression of diabetic glomerular sclerosis in STZ induced diabetic rat.

Key words:Diabetic nephropathy, style of zea mays streptozotocin induced diabetic rat.1

No side effects.

KEY PREPARATIONS AND USAGE AND WARNINGS

Some herbalists say that cornsilk is best used when fresh ,but it is also available in dried form.Cornsilk can be collected from the female flower or from corn cobs.İn addition ,cornsilk is available commercially in powdered and capsule form and as an extract.

Cornsilk is usually brewed as a tea , a bewerage that is said to be soothing.Cornsilk tea or infusion can be made by pouring 1cup (240ml.) of boiling water over 2tsp.(2.5g) of dried cornsilk.The mixture covered and steeped for 10-15 minutes.The tea should be consumed three times daily.You can add honey to sweeten. İn addition a tincture of 1 tsp (3-6ml) of cornsilk can be taken three times daily. Tincture can be purchased over the counter, or made at home by mixing the herb with water or alcohol at a ratio of 1:5 or 1:10. Cornsilk is also available in capsule form.The usual dosage for 400 –mg capsules is two capsules.Each capsule contains 400mg cornsilk.These are taken with meals three times daily.2

Cornsilk is very popular in Chinese herbology and is an example of one of the many valuable sources of nutrition that are considered waste by general population.

Cornsilk(zeamays) cooling and demulcent in nature, cornsilk soothes irritation and inflammation,making it a valuable optionin approaching cystitis.The infusion is sweet and pleasent testing and can be used as needed.

Warnings:It should be carefully used by the pregnants.They must consult their doctors.

1 www.jstage.jst.go.jp./bpb/28/5/28-919/-article, 22,08, 2009, 18.50

2 www.phytochemicals.info, 22,08, 2009,19:37

If you take with capsules (helps with inflamed urinary tract discomfort.Decreases water retention dosage) shake well 20-30 drops up to four times a day for up to 7 days maximum.1

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1 www.village–nutrition.com, 22,08, 2009,20:20

BARBERRY

Latin : Berberis Vulgaris

English : Barberry

Turkish : Kadın Tuzluğu

HISTORY

Barberry is a densely branched, deciduous shrub of tree to eight feet in height. Berberis is a deciduous shrub that has smooth leaves and thorny stems. The genus, Berberis, is thought to be derived from a Phoenician word, barbar, meaning ‘glossy’, in reference to the glossy leaves and berberis is also the Arabic name for the fruit. In many parts of Europe, farmers have asserted that wheat planted within three or four hundred yards of a barberry bush become infected with rust.1

CULTIVATION

It is generally propagated by suckers, which are put out in plenty from roots but these plants are subject to send out suckers in greater plenty than those which are propagated by layers therefore the latter method should be preferred.

The best time for laying down the branches is in autumn (October) and the young shoots of the some year are the best these will be well rooted by the next autumn, when they may be taken off and planted where they are designed to remain.

Barberry may also be propagated by ripened cuttings, taken also in autumn and planted in sandy soil in a cold frame or by seeds, sown in spring or preferably in autumn,1 inch deep in a sheltered border when if fresh for the pulp or berry, they will germinate in the open in the following spring.2

1 www.botanical.com 17.07.2009 22:50

2 www.botanical.com 17.07.2009 23:43

HABITAT

The common barberry, a well known, bushy shrub with pale green deciduous leaves is found in copses and hedges in some part of England, though a doubtful native in Scotland and Ireland. It is generally distributed over the greater part of Europe, northern Africa and temperate Asia. As an ornamental shrub, it is fairly common in gardens.1

KEY CONSTITUENTS

The alkaloid Berberine receives the most research and widest acclaim as the active component of barberry and its relatives. Berberine is also key constituent of goldenseal. berberine and its cousins are the antibacterial and also kill ameba in test tubes. berberine inhibits bacteria from attaching to human cells, which helps prevent an infection from occurring. This compound treats diarrhea caused by bacteria, such as E.coli. Berberine also stimulates some immune system cells to function better. Berbamine is another alkaloid found in barbery. It helps reduce inflammation and is an antioxidant.2

KEY ACTION

Barberry is used to ease inflammation and infection of the urinary, gastrointestinal and respiratory tracts as well as candida infections or the skin or vagina.

Barberry extract may also improve symptoms of certain skin conditions including psoriasis, but further studies are needed to confirm these findings.

Barberry may also be an effective treatment for diarrhea (including traveler's diarrhea and diarrhea caused by food poisoning.)3

Barberry has anti-microbial properties that are especially beneficial for the skin and intestinal tract.

Barberry is said to have a beneficial effect on blood pressure by causing a dilatation of the blood vessels.

This herb has also been used to relieve hepatitis, colic, jaundice, diabetes and consumption.

1 www.botanical.com 17.07.2009 23.24

2 www.herb-basics.com 17.07.2009 23:59

3 www.altmd.com 18.07.2009 00:48

Use of this botanical is believed to decrease heart rate, depress breathing, stimulate intestinal movement, reduce bronchial constrictin and kill bacteria on the skin.

The herb is said to combat malaria and has been effective in the treatment of protozoan infections. It makes a useful compress for inflammatory eye conditions such as blepharitis and conjunctivitis.1

CLINICAL RESEARCH

In vitro and animal studies have shown berberine to have promising anti-inflammatory, antineoplastic, hypoglycemic, and immunomodulating effects, and future clinical research is warranted in these areas.

Many clinical trials have been conducted using berberine, but none have investigated the actions of barberry as a whole plant. There is strong evidence to support berberine's use in the treatment of trachomas, diarrhea, and leishmaniasis, but no available evidence indicating that barberry itself has equivalent efficacy and safety as berberine.2

POSSIBE SIDE EFFECTS

Berberine-containing plants, including barberry, goldenseal, and Oregon grape should be used with caution during pregnancy and breast-feeding. Strong standardized extracts may cause stomach upset and should be used for no more than two weeks continuously. Other symptoms of excessive berberine intake include lethargy, nose bleed, skin and eye irritation, and kidney irritation.3

TRADITIONAL AND CURRENT USAGE

Medicinal use of barberry dates as far back as ancient Egypt and it has been used in Indian folk medicine to treat diarrhea, reduce fever, improve appetite, relieve upset stomach and promote vigar as well as a sense of well-being. Today; it is widely used for medicinal purposes in Iran, including for biliary disorders and heartburn.4

1 www.viable-herbal.com 18.07.2009 00:35

2 www.naturalstandard.com 18.07.2009 23:21

3 www.nutrasanus.com 18.07.2009 22:51

4 www.altmd.com 18.07.2009 01:16

PARTS USED

Stem bark and root bark. The stem bark is collected by shaving and is dried spread out in trays in the sun, or on shelves in a well-ventilated green house or in an airy attic or loft, warmed either by sun or by the artificial heart of a stove, the door and window being left open by day to ensure a warm current affair. The bark may be also strung threads and hung across the room.

When dried, the pieces of bark are in small irregular portions, about 2 inches long and of a dark-yellowish grey color externally. The bark is dark yellowish brown on the inner surface.

The root bark is grayish brown externally and is dried in a similar manner after being peeled off. When dry, it breaks with a short fracture. It contains the same constituents as the stem bark and possesses similar qualities.1

PREPARATION

powdered bark, 1/4 teaspoonful several times daily.2

WARNINGS

Pregnant women shouldn't take barberry because it may cause uterine contractions and trigger miscarriage.

Taking barberry with antibiotics may decrease the effectiveness of the antibiotics. Talk to your doctor before combining the two.

Barberry may decrease the effectiveness of blood thinning medication. Do not take barberry if you take anticoagulants.

Barberry may increase the effects of these drugs. Do not take barberry if you take blood pressure medication.

Barberry may lower blood sugar, making the effects of these drugs stronger. Do not take barberry if you take medications for diabetes.3

USAGE

1 www.botanical.com 18.07.2009 10:57

2 www.botanical.com 18.07.2009 11.10

3 www.altmd.com 18.07.2009 11:35

Pediatric; There is not enough evidence to establish a dose for children. For this reason,barberry should be used in children only under the supervision of a qualified doctor.

Adult; Tea; 2-4 grams of dried root steeped or 1-2 tsp pf whole or crushed berries steeped in 150ml.(approximately 2/3 of a cup)of boiling water for 10-15 minutes three times daily.

Dry extracts; 250-500 milligrams three times daily.

For skin disorders; 10% extract of barberry in ointment, applied to the skin three times daily..1

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BIRDS FOOT TREFOIL

Latin : Lotus Corniculatus

English : Birds Foot Trefoil

Turkish : Gazal Otu

HISTORY

The plant'senglish name is Birds Foot Trefoil. The plant has had many common english namesin Britain are now mostly out of use. These nemes are connected with yellow and orange colour of the flowers. (egg and bacon, butter and eggs…)1 Birds Foot Trefoil is also known as cat's clover ,deer vetch or ground honeysuckle…2 it is used different names in many different languages: İtalian name, ginestrino ;french name , lotier corniculé; german name; hornklee; spanish name, cuernecillo del compo; portuguese name, cornichao….3

CULTIVATION AND HABITAT

Birds Foot Trefoil's native ranges are Africa: Tunisia, Ethiopia, Egypt, Libyan , Kenya, Tanzania, Afghanistan, Tadzhikistan, Cyprus, Iran, Iraq, Turkey, Armenia, Azerbaijan, Georgia, Russian Federation, Kazakhstan, Turkmenistan, China, Japan, Korea, India, Nepal, Austria, Belgium, Czechoslovakia, Germany, Hungary, Netherlands, Poland, Switzerland, Belarus, Estonia, Lithuania, Moldova, Ukraine, Bulgaria, Greece, Romania, France, Spain,Yemen and its known introduced ranges are Iceland, Canada, Japan, Australia, Argentina, Chile, New Zealand 4

Bird's Foot Trefoil is a perennial legume. This species generally is adapted to the temperate climate of the northern part of the U.S. It seperates two species Viking, a European type trefoil is a small plant. The heigh of the plant is 25cm ,its flowers are yellow anad it grows in cool native soils in postures. The other type Empire's height is 30-90 cm. It grows in peat soils. The plant can be used as food plant. Birds Foot Trefoil is durable to drought, cold

1 www.absoluteastronomy.com/topics/lotus-corniculatus 08.07.2009 16:53

2 www.ehow.com/how5087430-plant-birdsfoot-trefoil.html 18.07.2009 19:25

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and salinity.Bright yellow flowers start to appear in late May. Seeds are light to dark brawn, oval and quite small. 1

A perennial, fine, stemmed, leafy legume that grows 6-24 inches in height. Erect stems are nearly square emerge from a single root crown and have many branches that can become tangled and matted.

Clover-like leaves are pinnately compound, alternate and consist of three oval leaflets and two smaller leaflets-like stipules that grow at the base of the leaf stalk. Flowers are bright yellow, sometimes streaked wiht red, ½ inch long, born in flat-tapped clusters of three to six at the end of stems, and bloom from June to frost. Clusters of selender brown to black seed pods are cylindrical resemble a Birds Foot Trefoil and the name "Birds Foot Trefoil" refers to the apperance of seed pods on their stalk. It is located in roadsides, waste areas, fields, prairies, wildlife opening and open disturbed areas 2

The plant prefer light, medium and heavy soils, requires well-drained soil and can grow in nutritionally poorsoil. The plant prefers acid, neutral and basic(alkaline)soils, it can not grow in the shade. It requires dr yor moist soil. Optimum summer temperature for growth is circa 24° C.3

Best sown in spring, if sown in autumn, sufficient time is needed for plants to develop before the onset of winter cold .4

Birds Foot Trefoil sometimes behaves as a hemicryptophyte, dying bact to a small crown of short shoots during the winter. İn northern region it can also behave as a genophyte losing all above ground parts during the winter. Unless cut beginning in March/April and continuing until late June .5

Birds Foot Trefoil may be planted with a companion grass. It should be 24 to 38 days for regrowth. The best time to seed Birds Foot Trefoil is early spring. So as to obtain a good seed, the plant should be reap when it is 8-12 cm. The harvest should be in mid to late August. Harvesting or grazing between september 1 and the first frost is not recommended. This period is needed to allow root reserves to accumulate to improve winter survival and

1 http://pubs.cas.psu.edu/freepubs/pdfs/uc087.pdf 22.07.2009 18:00

2 www.na.fs.us/fhp/invasive-plants/weeds/birds-foot-trefoil.pdf 22.07.2009 17:57

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5 www.issg.org/database/species/ecology.asp?si=1034&fr=16sts= 08.07.2009 16:41

growth the following spring. 1 It should be sow to good soil. Seeds plant in cold regions in spring . Birds Foot Trefoil is a valuable feed for animals. It does not cause bloat in animal.

GOOD CHEMICAL AND SOLVENT

Birds Foot Trefoil tolerates acid soils better but benefits from liming a soil to at least 5.5 Ph.2 the plant has exellent protein quality and it contains lower cellulose and more carbonydrate. Milk from cows fed on trefoil hay contains more vitamins A and E .3 It stores fewer carbonydrates fort he winter. It requires Rhizobium bacteria to fix nitrogen.4 Birds Foot Trefoil that has a Ph less than 5.6 absorb molybenum (MO) from soils. 5

KEY ACTION

Birds Foot Trefoil is important for peoples. This plant used externally as a local anti- flammatory compress in all cases of skin inflammation. 6Although it haas alternative and beneficial properties, Birds Foot Trefoil is highly toxic to human when eaten. It has been used traditionally in compress to relieve inflamed skin. It is antiflammatory, antispasmadic, cardiotonic, carminative, febrifuge, hypoglycaemic, restorative, sedative and vermifuge.

Particularly, it is used in zona which comes into existence with inflammation of capillary under the skin. And it is claimed to be of benefit in treatment of cancer.7

CLINICAL RESEARCHES

The possibility of using chemicals accentuate varetal differences in Birds Foot Trefoil was investigated. In first experiments which is made with chemical show that this plant has two species. N.dimethylaminosuccinamic acid (B – 995) cause Empire plants differ from Viking (European). İn laboratory experiments, it is investigated their growth habits. 8Daylight or darkness do not influence period of maturity.,

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USAGE

Like many plants in the pea family, Birds Foot Trefoil is a nitrogen-fixer and is used to enhance poor postures. Birds Foot Trefoil is commonly used along sides of roads for erosion preventation.1

It provides food for cows, sheeps, Canadian grese, roe deer, goose, rabbit and ruminant. The reason of this , this plant does not cause bloat in animals. Birds Foot Trefoil provides green cover most of the year and blooms profusely. It preserves this gren cover in cold winter months. So it is in level of high quality flowers. It is an important food plant for many caterpillars. Birds Foot Trefoil's flowers are an important source of nectar. This nectars is utulised as honey.2 In addition, this plants roots are very delightful. After drying, it can drink as tea. It may be used as an alternative to alfalfa in poor soils.3

PARTS USED

The flowera of Birds Foot Trefoil are antispasmadic, cardiotonic and sedative. The root of Birds Foot Trefoil is carminative, febrifuge, restorative, tonic and antiflammatory .4 This plant should be investigated medically before using. Because Birds Foot Trefoil has harms beside its benefits.

KEY PREPERATION USAGE AND WARNING

For perspiration;

A half of teaspoon Birds Foot Trefoil add to a cup of boiling water. After waiting for a moment to be steeped, it is drunk a teaspoon of tea by filtering in a day with long breaks. Because of its toxic, it should be used with the control of doctors.

For Zona;

Its juice being always fresh stops the pain of zona in a short time. The leaves of the plant cut into slices and are arrenged in plate. Its juice which appears on leaves is applied several times to inflammation skin. After even the first application, lt person begins to relax. In an ancieen botany book, there is this prescription;

1 www.issg.org/database/species/ecology.asp?si=1034&fr=16sts 08.07.2009 16:41

2 www.ibiblio.org/pfaf/cgi-bin/arr-html?lotus+corniculatus 17.07.2009 17:03

3 http://en.wikipediaorg/wiki/lotus_corniculatus 18.07.2009 19:08

4 www.pfaf.org/database/plants.php?lotus%20corniculatus 18.07.2009 21:30

-25 gr peel of oak tree,

-10gr alchemilla,

-20 gr oats,

-100 gr daisy,

-250 gr sage(garden sage)

-10 gr birds foot trefoil

This mixture is booiled with one litre water and is steeped three moments. Then during day this medicine is applied to inflammation skin.

All parts of the plant are poisonous containing cyanagenic glycosides(hydrogen cyanide). In small quantities, hydrogen cyanide has been shown to stimulate respiration and improve digestion. In excess , however, it can cause respiratory failure and even death. Birds Foot Trefoil even contains prussic acid. So the plant can become mildly toxic when flowering. But they are completely innocuous when dried. So this plant shoult be used carefully and consciously after dried. 1

1 www.pfaf.org/database/plants.php?lotus%20corniculatus 08.07.2009 16:21

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LADY'S MANTLE

Latin : Alchemilla Vulgaris

English : Lady's Mantel

Turkish : Aslanpencesi

The plant called the Lady's Mantle is called Alchemilla Vulgaris in botanical circles. Its botanical name comes from the Arap word alkemelych (alchemy) and derived because of its healing reputation, as well as the dew that collected in each leaf which was a part of many mystic potions. In medieval tradition, it was used to tread wouds and female ailments.1

Lady's Mantle is a member of the Rose family native to Europa, Asia, Canada, and the northeastern part of the United States. It is a plant of the uplands, being rarely found at low levels. While it is grown in meadows and fields of intermediate altitude, it is more ofen found on the sides of hiels. In the highland it is found at a heigh of 3600ft.2 Lady's Mantle is a low growing perennial 6-12inches high. The whole plant is covered whith soft hairs. The leaves are large, 6-8inches long and are almost kidney shaped. Their margins are cut into seven or nine board shallow lobes. These lobes are finely toothed at the edges. Each leaf of this her is rolled like a funnel, and in the morning a large drop of dew collects in the funnel and glinstens like a pearl. The flowers are numerous and small. They are yellow-green in color, and are in loose, divided clusters at the end of freely-branching flower stems. There are no petals, the calyx is cleft, with four bracteoles that have the appearence of outer and alternate segments of the calyx. June to August are the months when this star-like flowers are in bloom.3 The plant is propogated by diving the roots. It is a deciduous, herbaceous, perennial.

Lady's Mantle needs a fertile soil and some moiste-more than the standart herbs. It can be full sun in northen climates, but can tolerate some shade and in the warm climates prefers it. Lady's Mantle can be invasive if left to seed. But the flowers can be dried and so it is

1 http://www.innista.com/healt/herbs/ladysman..htm 18.07.2009 18:05:08

2 http://chestofbooks.com/flora-plants/flowers/British-Wild-flowers-1/Lady-s-Mantle-Alchemilla-Vulgaris-L.html 08.07.2009 15:30:45

3 http://www.botanical.com/mgmh/l/ladman05.html 18.07.2009 15:56:06

harvested before they form seed. The harvesting of the lady's mantle occurs during the summer months.1

Lady's Mantle contains tannins, volatile oil, salicylic acid, resin, flavonoid, bitter prensible and mineral salts.2

Lady's Mantle has been used for variety of female conditions such as menstrual disorders including excessive menstruation and menopause, great improvement in the regularity of the menstrual cycle, as an aid during conception, in prevention of miscarriages, and to help the body heal after childbirth. Lady's Mantle also possesses other benefical properties that enable it to act as balancer of the internal hormonal actions in the body. This property of the herb in effect enable it to act as a great normalizing during an irregular menstrual cycle. A mild painkilling action is also evident in the herb due to the presence of salicylic acid – this compound helps in easing the painful periods.3

Some experts consider lady's mantle to be good for treating wouds due to its coagulation (blood clotting), astringent and styptic (stop bleeding) properties.4 It has also been used as a mouth rinse after dantel procedures to help stop bleeding. The treatment of diarrhea and gastroenteritis is hastened by the astringent properties of the herb. The herb induces a rapid reduction in the inflammation affecting the digestive system as well as the reproductive system of patient.

Not only is lady's mantle benefical for menstrual disorders, "whites", abdominal disorders and indisposition during menopause, but it also helps at the beginning of puberty, together with yarrow tea, to influence the onset of menstruation favourably. In cases, where, for young girls, menstruation will not commence despide Professional medication, it is lady's mantle together with Yarrow (mixed in equal proportions) that brings everything into line. The action of lady's mante is astringent and very rapid healing, and it is used also as a diurecic and heart strengthening remedy for wound-fever, for fesreing wound and neglected sores. After removel of teeth, Lady's Mante tea is recommended as one of the best remedies. Within a day the wounds heal after several rinses. It relieves weakness of muscles and helps in anaemia (anemia).5

1 http://www.indianmirror.com/ayurveda/lady-mantle.html 08.07.2009 14:45:21

2 http://www.innista.com/healt/herbs/ladysman..htm 18.07.2009 18:05:08

3 http://www.herbs2000.com/herbs_ladys_mantle-htm 08.07.2009 16:26:08

4 http://www.heathline.com/natstandardcontent/ladies-mantle 18.07.2009 18:33:31

5 http://www.calendula-cream.com/maria-treben-herbs/ladys-mantle- alchemilla-vulgaris.html 08.07.2009 15:32:04

Alchemilla Vulgaris (Lady's Mantle) has traditionally been used in oral hygiene and was recently shown to accelerate wound when used in combination with glycerine. The objektive of the most prevent from of aphthous ulcers. An-open study was conducted in 48 otherwise healty male and female aged 4-44 years to determine the putative healing properties and tolerability of a standart 3% extact of a. Vulgaris in glycerine on common minor oral ulcers, Patient with major or herpetiform ulcers were excluded from the study.Topical application three times daily of aphtarine gel to minor mount ulcers relieved discomfort and produced complete healing in the majority of patients (60,4%) within 2 days and in 75% within 3 days, compared with commonly available treatments. This combination is safe, well tolerated and highly effective promising new treatment for healing common mouth ulcers.1

Its powers were reputedly so potent that the Christian Church named it "Our Lady's Mantle" and become known as a " women's best friend", used to help many female ailments. Lady's Mantle was also used to soothe infections of the mucous membranes of mouth and throat. The tea and extracts were also used as a bath additive to treat skin irritations and wounds. This herb was in fact traditionally used as a remedy to induce sleepiness in patient.

Our forefathers used the plant as a wound herb, externally and internally, for epilepsy and hernia. A quotation from an old herbal says: "When one is ill, whether young or old, let two handfuls of Lady's Mantle in a measure of water boil for as long as it take to hard boil and egg, and drink it." In today's herbal medicine the plant has again its proper place. The Swiss Abbe Kuenzle stresses its merits: "Through early and prolonged application of this medicinal herb, two thirds of all operations performed on women would be quite unnecessary, since it heals all inflammations of the addomen, fever, burning, suppuration, ulcers and hernia. Every woman in childbirth should drink much of this tea."2

Today, Lady's Mantle is commonly used as a tea or tincture. The plant is usually picked early in the summer, before the flowers appear. At any rate, they ought to be tender. Prepare an infusion by pouring a cup of boiling water over a tablespoon of the leaves and steep for fifteen minutes. A tincture can be made by macerating the leaves in brandy. Dose of the tincture, one to three drops. Lady's Mante is used as an ingredient in cleansing creams and other cosmetics.3

The whole herb, gathared in June and July when in flower and when the leaves are at their best. The dried aerial parts are cut and dried for use, while the plant is flowering.

1 htpp://www3.interscience.wilev.com/journal/10006260/abstract 21.07.2009 19:15:38

2http://www.calendula-cream.com/maria-treben-herbs/ladys-mantle- alchemilla-vulgaris.html 08.07.2009 15:32:04

3 Wood, Matthew:The Book of Herbal Wisdom, California ,1997, p. 122

Generally the roots and the aerial parts of lady's mantle are of medicinal and commercial use. The root is sometimes also employed, generally fresh.1

Lady's Mantle is used under various forms, starting with infutions to tinctures or macerated mixtures. Below some of their main mixtures and their effects are listed:

Tea: It can be prepared from steeping 2 tablespoons of the dried herb in 1 cup of boiling water. Tea is taken in three divided doses, between meals. The tea is useful in controlling mild diarrhea; it has been used also to reduce uterine bleeding, ease menstrual cramps, and regulate the menstrual cycle. Children with weak muscles or those who do not gain any weight despide the accurate alimentation are advised to take two cups of Lady's Mantle tea a day.

Decoction made from Lady's Mantle can be used as a lotion. It can be mixed with rose water as well. The herbal Lady's Mantle decoction can also function as an excellent skin lotion for the treatment of rashes in diseases such eczema. It can be used to heal cuts and wounds, as well as a external sores and insect bites of all kinds. The herbal Lady's Mantle decoction can also be used as a mouthwash and gargle in cases of bleeding gums, to treat mouth ulcers and to minimize the symptoms of sore throats in patients.

Douche or skin poultice: 1½ quarts (1½ liters) of boiling water over 3 ounces (100g) of herb. Allow to stand for 6 hours and strain. Use the rinse once a day for 3 to 5 days. Douches are used for vaginal discharges, for infections, or as a wash for weeping eczema or sores. Poultices containing Lady's Mantle oil are used in cases of stomach aches and applied two or three times a day for 20 to 30 minutes. İf applied on the heart area, they can alleviate heart problems.

Infusion: 1 cup (250 ml) of boiling water is poured over 1 tablespoon (15 g) of the herb. It steeps for 15minutes at room temperature. Fitler. Drink 1/3 cup (80 ml) 3 times a day 10 minutes before meals. A course of treatment lasts 7 days. The herbal Lady's Mantle infusion can be taken the treatment of gastroenteritis and diarrhea. The doses of infusion can be taken up to five times every day to allay acute symptoms experienced by patients.

A herbal Lady's Mantle mouthwash or gargle can be from diluted infusion for treating cases of sore throats, problems like laryngitis, and cases of mouth ulcers in patients.

1 http://www.ageless.co.za/herb-ladysmantle.htm 18.07.2009 18:00:05

Bath: for a full bath, 200 grn. of dried or a few double handfuls of fresh herbs are soaked in a bucketful of cold water overnight, warmed the next morning and the liquid added to the bath water. It is recommended that the bath should last no more 30 minutes.1

Lady's Mantle may cause liver damage in some patient; thus, patients with liver dysfunction should avoid its use. The herb should not be given to pregnant or breastfeeding patients because its safety has not been determined.2

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POMEGRANATE

Latin :Punica Granatum

English : Pomegranate

Turkish :Nar

HISTORY

The history of pomegranate goes way back to Greek mythology.The greek myth tells the story of how Persephone is kidnapped by Hades and she ate pomeganate seeds before her rescue.As a result, she has to spend a couple of months with Hades every year in the underworld.The myth explains that this is how winter came upon the earth.But the story of pomegranates has changed over the centuries.Now the hype is all about the health benefits the fruit provides.Pomegranates are mostly grown around the Middle East and in some parts of the United States as well.They need a humid, Mediterrenean-type climate for best growth.1

HABITAT AND CULTIVATION

The pomegranate is native to Asia, from the Middle East to the Himalayas, where it grows in sandy o rocky scrublands.It is cultivated for its fruit and showy flowers in much of the Mediterranean region and tropical America.The pomegranate has escaped cultivation and become established in parts of southern Europe and the American South and Southwest.2

Pomegranate has been widely cultivated throughout India and drier parts of southeast Asia, Malaya, the East Indies and tropical Africa. The most important growing regions are Egypt, China, Afghanistan, Pakistan, Bangladesh,Iran, Iraq, India, Burma and Saudi Arabia.3

Pomegranates do best in climates with long hot, dry summers and cool winters.Pomegranates are very tolerant of sandy, clayey, acidic an deven alkaline soils. They are also fairly salt tolerant.Some gardeners prune pomegranates to a single leader; others retain a few main stems.Either way, you will need to remove the many suckers that constantly

1 www.experiencefestival.com 19.07.2009 12:12

2 www.floridata.com 19.07.2009 12:59

3 www.morretec.com 19.07.2009 13:20

arise from the roots, and keep the main stem and main laterals free from suckers too.Since they flower on new growth, pomegranates should be pruned in the dormant season.Pomegranates should begin bearing after 3 or 4 years, and mature, properly pruned, trees can produce more than 300 Ibs(136 kg) of fruit per year.Pomegranates need regular watering, but do best in areas with low summertime humidity.Dormant pomegranates can tolerate winter temperatures down to 15F (-9.4C) , but they can be severely damaged by a late frost that comes after new growth has begun in spring.1

KEY CONSTITUENTS

The chief constituent of the bark (about 22 per cent) is called punicotannic acid.It also contains gallic acid, mannite, and four alkaloids, Pelletierine, Methyl-Pelletierine, Pseudo-Pelletierine and IsoPelletierine.The liquid pelletierine boils at 125 degrees C, and is soluble in water, alcohol, ether and chloroform.The drug probably deteriorates with age.The rind contains tannic acid, sugar and gum.Pelletierine Tannate is mixture of the tannates of the alkaloids obtained from the bark of the root and stem, and represents the taenicidal properties.2

GOOD CHEMICALS

One pomegranate fruit contains tons of nutrition and best of all , it is low in calories.In just one pomegranate fruit there is around 100 calories and only about 25g of sugar.But that’s only the beginning of nutrition pomegranate provides:

- a great source of potassium

- more antioxidants compared to other juices an deven wine!

- vitamin B and vitamin C

- great source of fiber

- helps prevent heart disease

- keeps your immune system in top notch conditions

1 www.floridata.com 19.07.2009 13:15

2 www.botanical.com 19.07.2009 16:20

- prevents builup of material in your arteries.1

Punica granatum consists of glucosides, tannin, ursolic acid, carbohydrates, carotene, pectin, protein, riboflavin, ellagic acid, gallic acid, glutamine, tannins(like punicalgins and punicalin), sitosterol and its B-D-glucoside, etc.2

KEY ACTIONS

Pomegranate's abundance of phytoestrogens also could be used to promote female reproductive health and help treat menopausal symptoms.As a COX-2 inhibitor, juice could help prevent certain types of cancer. And, based on recent studies that reveal antibacterial and antiseptic activities, pomegranate also holds promise against drug-resistant infections.Other potential pomegranate benefits include protecting the heart and preventing or treating diabetes, according to Duke.3

In 2008, 17 clinical trials were underway to examine the effects of pomegranate juice consumption on diseases shown below;

- prostate cancer

- prostatic hyperplasia

- diabetes

- lymphoma

- rhinovirus infection (completed, July 2008)

- common cold (completed, June, 2007)

- oxidative stres in hemodialysis

- atherosclerosis

- coronary artery disease (completed, September, 2005)4

1 www.experiencefestival.com 19.07.2009 17:47

2 www.naturalremedy.com 19.07.2009 13:52

3 www.herbcompanion.com 19.07.2009 13:50

4 www.wikipedia.com 19.07.2009 16:10

CLINICAL RESEARCHES

Scientific studies have shown that pomegranate is one of the most powerful natural antioxidants and its benefits in heart health have been the subject matter of many research investigations.Polyhenols of pomegranate, particularly punicalagins, have been linked to its antioxidant activity.Clinicals trials on pomegranate have provided scientific substantiation for its antiatherosclerotic properties which include both direct evidence.These properties are further supported by several animal and biochemical studies in highly relevant models.

Safety: No significant adverse effects have been reported in clinical and animal studies available on pomegranate juice and extracts.Repeated oral administration of high doses of punicalagins to rats for 37 days has not been found to be toxic.Pomegranate's historical use as a fruit all over the world, of course, remains as a strong evidence for its safety.1

Credible medical studies have shown that daily consumption of Pomegranate juice, concentrate or extracts may provide the following health benefits:

Plaque Reduction

Studies in animals show a marked reduction of plaque buildup in arteries, by 44%

Cholesterol Reduction

Ellagic acid and the other components have been shown to lower LDL levels in blood serum; thereby potentially offering a reduction of blood pressure in humans.

A Tool Against Breast Cancer

A combination of juice extract and cold pressed oil has been shown to "selectively (destroy) estrogendependent cancer cells." Pomegranate Seed Oil has excellent moisturizing and nourishing properties.It is excellent for mature and aging skin, dry and cracked skin, irritated and sunburnt skin.This oil is used to treat acne, eczema, psoriasis, rosacea and assists in many special facial and body treatments.2

SIDES EFFECTS

- Breathing problem sor tightness in your throat or chest

- Chest pain

1 www.naturalremedy.com 19.07.2009 12:47

2 www.morretec.com 19.07.2009 15:55

- Skin hives, rash or itchy or swollen skin.1

TRADITIONAL USAGE

Pomegranate juice stains can be difficult to remove from clothing.This juice was used by the ancients as an ink or dye , because of its persistence in staining permanently.The thick skin surrounding the pomegranate is high in tannins and the ancients dried the skins and made leather-like products; the thick skin gives the fruit a long shelf life, lasting up to two months when cooled.2

CURRENT USAGE

The juice of wild Pomegranate yields citric acid and sodium citrate for pharmaceutical purposes.Pomegranate uice enters into preparations for treating dyspepsia and is considered beneficial in leprosy.The bark of the stem and root contains several alkaloids such as isopelletierine which is active against tapeworms.Either a decoction of the bark, which is very bitter, or the safer, insoluble Pelletierine Tannate may be employed.Overdoses are emetic and purgative, produce dilation of pupila, dimness of sight, muscular weakness and paralysis. Because of their tannin content, extracts of the bark, leaves, immature fruit and fruit rind have been given as astringents to stop diarrhea, dysentery and hemorrhages.Dried, pulverized flower buds are employed as a remedy for bronchitis.In Mexico, a decoction of the flowers is gargled to relieve oral and throat inflammation.Leaves, seeds, roots and bark have displayed hypotensive,antispasmodic and anthelmintic activity in bioassay.3

PARTS USED

All parts of the tree have been utilized as sources of tannin for curing leather.The trunk bark contains 10 to 25% tannin and was formerly important in the production of Morocco leather.The root bark has a 28% tannin content, the leaves, 11%, and the fruit rind as much as 26%. The latter is a by-product of the “anardana” industry.Both the rind and the flowers yield dyes for textiles.Ink can be made by steeping the leaves in vinegar.In Japan, an insecticide is derived from the bark.The pale-yellow wood is very hard and, while available only in small dimensions, is used for walking-sticks and in woodcafts.4

1 www.pdrhealth.com 19.07.2009 15:45
2 www.pfaf.org 19.07.2009 17:33
3 www.ntbg.com 19.07.2009 17:20
4 www.morretec.com 19.07.2009 13:32

KEY PREPARATIONS

Dosages: Of rind and flowers in powder, 20 to 30 grains.Of pelletierine tannate, 3 to 5 grains.Of ind, 1 to 2 drachms.Fluid extract, root-bark, ¼ to 2 drachms.Decoction, B.P, ½ to 2 OZ.Of decoction of 4 OZ. of bark to 20 of water, ½ a fluid ounce.

Recommended Dose : Between 750 mg and 1000 mg / day / adult, in divided doses.1

Usage

Talk with your caregiver about how much Pomegranate you should take.The amounts depend on the strength of the medicine and the reason you are taking Pomegranate.If you are using this medicine without instructions from your caregiver, follow the directions on the medicine bottle.Do not take more medicine or take it more often than the directions tell you to.

Keep all medicine locked up and away from children.Store medicine away from heat and direct light.Do not store your medicine in the bathroom, near the kitchen sink, or in other damp places.Heat or moisture may cause the medicine to break down and not to work the way it should work.Throw away medicine that is out of date or that you do not need.Never share your medicine with others.2

WARNING

- Before taking Pomegranate, tell your doctor if you are pregnant or breastfeeding. Pomegranate fruit should not be taken if you have diarrhea (loose bowel movements)

- In Traditional Chinese Medicine, Pomegranate fruit should not be taken with oil or fats when used to treat parasite infections

- Pomegranate root or stem bark should be used only under direct supervision of an expert qualified in its use

- Large amounts of anflataxin B-1 are found in dried Pomegranate peel.Anflatoxin has been shown to cause certain cancers.3

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RASPBERRY

Latin : Rubus Idaeus

English : Raspberry

Turkish : Ahududu

Rubus idaeus is a species of Rubus, native to Europe and northern Asia. The species name idaeus refers to its occurrence on Mount Ida near Troy in northwest Turkey, where the ancient Greeks were most familiar with it1.

Raspberry cultivation

Traditional methods: In the traditional method of culture fruit is harvested annually, although both non-fruiting vegetative canes (primocanes) and fruiting canes (floricanes) are present2. This main season summer-fruiting crop is usually supported on a post-and-wire system designed to carry the weight of fruits and to protect canes from excessive damage due to wind, harvesting and cultivation.

Primocanes are produced in numbers excessive to requirements for cropping in the following season so many must be removed by pruning in winter and early spring to reduce inter-cane competition and create an open crop canopy for efficient light capture3. Old dead fruiting canes must also be removed by pruning after harvest. Such pruning operations remove sources of fungal inoculum from the plantation and are important for the long-term health of the crop.

Organic production: There has been increased interest in the sale of raspberry fruits harvested from 'organic production' - farming based on methods relying entirely on crop rotation and avoidance of pesticide application except certain substances currently permitted by the national regulatory authority for organic farming. However, with woody perennial crops the difficulties of maintaining healthy productive plantations over many years are profound and it is too early to judge the overall success of these ventures in Rubus cane fruits.

1 http://en.wikipedia.org/wiki/Rubus_idaeus 11.07.2009/ 18:37

2 www.fruitgateway.co.uk/raspberry_cultivation.asp 13.07.2009/ 12:11

3 www.fruitgateway.co.uk/raspberry_cultivation.asp 13.07.2009/ 12:16

Extended season production: Interest has also been shown in extended-season production under glass or under plastic structures in northern European countries, e.g. Belgium and the UK and now in the Mediterranean fringe, e.g. Spain and Greece, and this trend will have implications for pest and disease control. Protected crops (grown under glass or plastic) can include those grown in field soil and also those grown in pots, generally referred to as 'long cane' and it is principally long cane that is being used for extended season production1.

To satisfy such production systems, long primocanes grown in northern regions, such as Scotland, are lifted, chilled and stored for long periods for planting in late spring for late summer harvest under plastic. The concept of extended-season-production would mean that by careful manipulation of plant dormancy cycle and flower initiation it should be possible to produce fresh raspberries in the UK for sale in almost all months.

Raspberry roots may live for years, but the "cane" or stem lives only 2 years. Usually, the cane growth is attained the first year, then the fruit is produced the second year, after which the cane dies. Some kinds produce a fall crop on the terminals of current season canes. Red and purple raspberry canes may reach a height of 8 feet2. They are upright or semierect. Black raspberries, or black caps, have arched canes that reach 4 to 5 feet and form roots at the tips.

The raspberry flower is about 1 inch in diameter and has five whitish petals, many stamens inserted on the calyx, and many ovaries, each with a slender terminal style usually remaining on the drupelet3. The flowers are mostly bisexual.

Raspberries need ample sun and water for optimal development. While moisture is essential, wet and heavy soils or excess irrigation can bring on Phytophthora root rot which is one of the most serious pest problems facing red raspberry. As a cultivated plant in moist temperate regions, it is easy to grow and has a tendency to spread unless pruned.

Escaped raspberries frequently appear as garden weeds, spread by seeds found in bird droppings. Raspberries are traditionally planted in the winter as dormant canes, although planting of tender, plug plants produced by tissue culture has become much more common. A specialized production system called "long cane production" involves growing canes for 1 year in a northern climate such as Scotland (UK) or Washington State (US) where the chilling

1 www.fruitgateway.co.uk/raspberry_cultivation.asp 13.07.2009/ 12:20

2 www.fruitgateway.co.uk/raspberry_cultivation.asp 13.07.2009/ 12:20

3 http://gears.tucson.ars.ag.gov/book/chap7/raspberry.html 13.07.2009/ 12:41

requirement for proper budbreak is met early1. These canes are then dug, roots and all, to be replanted in warmer climates such as Spain where they quickly flower and produce a very early season crop. Plants should be spaced 1 m apart in fertile, well drained soil; raspberries are usually planted in raised beds/ridges if there is any question about root rot problems2.

Raspberries are very vigorous and can be locally invasive. They propagate using basal shoots (also known as suckers); extended underground shoots that develop roots and individual plants. They can sucker new canes some distance from the main plant. For this reason, raspberries spread well, and can take over gardens if left unchecked.

Do not plant raspberries where potatoes, tomatoes, peppers, eggplants or bulbs have previously been grown, without prior fumigation of the soil.

The fruit is harvested when it comes off the torus/receptacle easily and has turned a deep color (red, black, purple, or golden yellow, depending on the species and cultivar). This is when the fruits are most ripe and sweetest.

Nutrients and potential health benefits: Raspberries contain significant amounts of polyphenol antioxidants such as anthocyanin pigments linked to potential health protection against several human diseases. Raspberries are a rich source of vitamin C, with 30 mg per serving of 1 cup (about 50% daily value), manganese (about 60% daily value) and dietary fiber (30% daily value)3. Contents of B vitamins 1-3, folic acid, magnesium, copper and iron are considerable in raspberries. Raspberries rank near the top of all fruits for antioxidant strength, particularly due to their dense contents of ellagic acid (from ellagotannins), quercetin, gallic acid, anthocyanins, cyanidins, pelargonidins, catechins, kaempferol and salicylic acid. Raspberries have an ORAC value (oxygen radical absorbance capacity) of about 4900 per 100 grams4.

Preliminary medical research shows likely benefit of regularly consuming raspberries against:

inflammation

pain

cancer

1 www.wikipedia.org/wiki/Raspberry#Cultivation 14.07.2009/ 18:45

2 http://gears.tucson.ars.ag.gov/book/chap7/raspberry.html 13.07.2009/ 12:45

3 http://gears.tucson.ars.ag.gov/book/chap7/raspberry.html 13.07.2009/ 12:30

4 http://gears.tucson.ars.ag.gov/book/chap7/raspberry.html 13.07.2009/ 12:30

cardiovascular disease

diabetes

allergies

age-related cognitive decline

degeneration of eyesight with agin

The leaves have been used for centuries as a folk medicine to treat canker sores, cold sores, and gingivitis in persons of all ages as well as to treat anemia, leg cramps, diarrhea, and morning sickness in pregnant women, and as a uterine relaxant.

Side Effects: There may occur allergic reactions to raspberry . Raspberry leaf may lead to mild loosening of stools and nausea. Some herbalists recommend not using raspberry leaf preparations early in pregnancy. Using raspberry leaf may show a slight increase or decrease in blood pressure.

Don't using raspberry if you find symptoms of a closing of your throat,swelling of your face,lips, tongue,hives,serious allergic reaction & breathing problem.

Raspberry ketone is a natural phenolic compound that is the primary aroma compound of red raspberries. It is used in perfumery, in cosmetics, and as a food additive to impart a fruity odor1.

When given to mice in high doses (up to 2% of food intake), raspberry ketone has been shown to prevent high-fat-diet-induced elevations in body weight. This effect is reported to stem from the alteration of lipid metabolism, increasing norepinephrine-induced lipolysis2. Although products containing this compound are marketed for weight loss, this effect has not been studied in humans.

The leaves can be used fresh or dried in herbal and medicinal teas. Raspberry leaf tea has been used by pregnant women for centuries to tone and strengthen the uterus. This can help make labor more efficient and possibly lessen the amount of time a woman is in labor. There have only been a few scientific studies on the effects of raspberry leaf tea during pregnancy, and the results were somewhat inconclusive as to whether or not the tea truly

1 http://en.wikipedia.org/wiki/Raspberry_ketone 18.07.2009/ 20:22

2 http://en.wikipedia.org/wiki/Raspberry_ketone 18.07.2009/ 20:24

shortened the labor process. However, many midwives and mothers swear by raspberry leaf tea and would recommend it to any pregnant woman.

Besides its toning effect on the uterus, raspberry leaf tea is also thought to have many other benefits for pregnant women. Raspberry leaf tea is full of vitamins and minerals such as calcium, magnesium, iron, manganese, vitamin E, vitamin B1, and vitamin B3, all of which are beneficial to your health and your baby‘s development. Drinking raspberry leaf tea can help lessen bleeding gums and nosebleeds, which are common occurrences during pregnancy.

WARNINGS

Who should not take raspberry?: Before taking raspberry, talk to your doctor, pharmacist, or health care professional if you have allergies (especially to plants), have any medical condition, or if you take other medicines or other herbal/health supplements. Raspberry may not be recommended in some situations.

Do not take raspberry without first talking to your doctor if you are pregnant or could become pregnant. It is not known whether raspberry will harm an unborn baby.

Do not take raspberry without first talking to your doctor if you are breast-feeding a baby. It is also not known whether raspberry will harm a nursing infant.

There is no information available regarding the use of raspberry by children. Do not give any herbal/health supplement to a child without first talking to the child's doctor.

How should I take raspberry?: The use of raspberry in cultural and traditional settings may differ from concepts accepted by current Western medicine. When considering the use of herbal supplements, consultation with a primary health care professional is advisable. Additionally, consultation with a practitioner trained in the uses of herbal/health supplements may be beneficial, and coordination of treatment among all health care providers involved may be advantageous1.

If you choose to take raspberry, use it as directed on the package or as directed by your doctor, pharmacist, or other health care provider.

Standardized extracts, tinctures, and solid formulations of herbal/health supplements may provide a more reliable dose of the product.

1 http://health.yahoo.com/other-other/raspberry/healthwise--d04526a1.html 30.08.2009/ 20:25

Take the pill forms of raspberry with a full glass of water.

To ensure the correct dose, measure the liquid forms of raspberry with a dropper or a dose-measuring spoon or cup.

Some forms of raspberry can be brewed to form a tea for drinking.

Topical forms of raspberry are intended for external use only.

Do not use different formulations (e.g., tablets, liquids, teas, and others) of raspberry at the same time, unless specifically directed to do so by a health care professional. Using different formulations together increases the risk of an overdose of raspberry.

Store raspberry as directed on the package. In general, raspberry should be protected from light.

What should I avoid while taking raspberry?: There are no restrictions on food, beverages, or activity while taking raspberry, unless otherwise directed by your health care provider.

What are the possible side effects of raspberry? : Although rare, allergic reactions to raspberry may occur. Stop taking raspberry and seek emergency medical attention if you experience symptoms of a serious allergic reaction including difficulty breathing; closing of your throat; swelling of your lips, tongue, or face; or hives.

Other less serious side effects have not been reported, although they may occur. Talk to your doctor about any side effect that seems unusual or that is especially bothersome.

What other drugs will affect raspberry?: Interactions between raspberry and other prescription or over-the-counter medicines or herbal/health supplements have not been reported1. Talk to your doctor, pharmacist, or health care professional before taking raspberry if you are taking any other medicines or supplements.

1 http://health.yahoo.com/other-other/raspberry/healthwise--d04526a1.html 30.08.2009/ 20:25

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www.pregnanthealth.com/raspberry-leaf-tea

http://health.yahoo.com/other-other/raspberry/healthwise--d04526a1.html

SEABUCKTHORN

Latin : Hippophae Rhamnnoides

English : Seabuckthorn

Turkish : Yalancı Igde

HISTORY

Seabuckhorn has originally a history more than 25-50 million years. During this long history litosfer variations, ice age, the formation of Himalayas and mud soils made the plant enduring against the arid, cold, calcareous soils. Therefore, it became a valuable tree with its ecological adaptations, complex metabolism and chemical contents.

While the nourishing and healing qualities of Hippophae Rhamnodies are new to the West, this plant is well known in the East for hundreds of years. The earliest mention of Hippophae Rhamnoides was in the medical classic of Tibetian “rGyud Bzi” in the eight century. The botanical name of seabuckthorn “Hippophae Rhamnoides” was first used by ancient Greeks. Ancient Greeks as used seabuckthorn to feed their horses. As an effect of this plant the coat of the horses were shiny and their bodies were strong. Because ofthis reason the name of the plant comes from the word “Hippo”, “horse” and “phaos” “bright”. 1

HABITAT AND CULTIVATION

During the years of he exist of the world a lot of plants have been grown up. Some of them needed to water and other things in different places. Pisha sandstone is known as the cancer of the world. Any of the plant can grow up on this sandstone. Accept of seabuckthorn. Pisha sandstone occupy a place in cold region. To find water is so hard. Accept of seabuckthorn any of the plant can live here. 2

1 www. seabuckthorn.com 19.07.2009 18:51

2 www.phytochemicals.info/plants/sea-buckthorn.php 19.07.2009 18:57

Seabuckthorn is a plant which normally grows between 2.5m and 6m.tall and pour its laves in winters. Its flowers are yellow and green. Its male and female plants are in different trees. It has numerous of leaves and branches. It can be with their appearences as a member of the bush plants. Its root system develops quikly. It flowers in April and ripeness completes in September and October. The fruits can be on the tree during the winter.1

Hippophae Rhamnoides, native over a wide area across Europe and Asia lives generally in wild nature. Actually it grows readily in areas that receive as little as 250-800mm of rainfall anually but it has a tolerance of arid. The best development of this plant is seen in sandy soils. But it can be grown up in in clayey, mud and poor from nitrogen. In shaddy areas it can be not develop. It has a tolerance of salt. It can grows near the sea and endure the effect of sea. 2

CULTIVATION

When it became ripe in August the colour of the fruit is orange and cultivation is so hard. Although it became ripe it is so hard to collect the fruits from tree. Mechanical cultivation was to be tried but not been succesfull. Still the studies has been continued to develop more economic and easy methods. From a tree nearly 5-7 kg product can be got.

It can be increase easily from seeds. Seeds that during 3 months in cold area keep, can more easily improve and sprout. In winters it must be inside keep and wait for sprout. In spring it can be its untemporarily areas plant. It is so hard to separate male and female saplins. 3

KEY CONSTITUENTS

If there is one word that best describes seabuckthorn it is ANTIOXIDANT. The fruit, seed and leaves contain an impressive array of antioxidant compound. The concentration of vitamin C in the berries reach 2500mg-100gr depending on the species. The berries are also a rich source of vitamin E carotenoids, flavonoids, sterols. The leaves are equally rich source of important antioxidant inluding beta carotene, vitamin E, flavonoids,catechins, elagic acid, ferulic acid, folic acid and significany values of calcium, magnesium and potassium. The dried leaves also provide an important source of protein at %24. 4

1 www.winrock.org 16.07.2009 17:42

2 www.wikipedia.org 16.07.2009 17:55

3 www.ubcbotaniclgarden.org 16.07.2009 18:15

4 www.seabuckthorn.com 09.07.2009 17:15

In addition to its carotenoid and vitamin E content the oil from the seabuckthorn berry contains on average %35 of the rare and valuable palmitoleic acid. This rare fatty acid is a component of skin fat and is known to support cell, tissue and wound healing. The oil of its root contains high oleic acid and one to one ratio of omega 3 and omega 6.1

KEY ACTIONS

When we think about health the researches howed that seabuckthorn is used to heal many diseases. We can make some groups of these diseases. For instance cancer theraphy, cardioascular diseases, gastric ulsers, liver cirrhosis and skin problems. In medical area it has some features like painkiller, microbe killer and healer of wounds. The oil of this plant cures the wounds in the skin. Therefore, seabuckthorn is being used to cure some wounds in stomach. The oils are effective in the treatment of burns and such skin conditions as dermatitis, eczama, rosacea, acne,psoriasis and the effects of sun damage. It is generally accepted in the cosmetic industry that seabuckthorn oils ave unique anti-aging properties and stimulate tissue regeneration. Its function normalize out put of gastric acid and reduce inflammation by controlling pro-inflammoitory mediators. It can be also used when the colesterol level reduced in the blood.2

CHEMICAL RESEARCHES SIDE EFFECTS

As a source of antioxidant seabuckthorn is used for many for many medical treatment of disaeses. About this subject there are oo many researches. We can examine these researches under 5 groups:

CANCER THERAPY: In this area most of work has been done with laboratory animals. A group in India headed by the Department of Radiation Biology and Institute of Nuclear Medicine published several reports on the potential of a seabuckthorn exract protect the bone marrow from the damage of radiation. This group also showed that the extract may help faster recovery of bone marrow cells. The studies that were done in China, showed the effects of seabuckthorn on faster recovery of the hemopoietic system after high dose chemotherapy.3

CARDIOVASCULAR DISEASES: In a double blind clinical trial conducted in China two groups of 128 patients with ischemic heart diseases were given total flavonoids of seabuckthorn at 10mg each time, three times daily, for six weeks. But the groups did not

1 www.seabuckthorn.com 09.07.2009 16:53

2 www.seabuckthorn.com 09.07.2009 17:35

3 www.itmonline.org/arts/seabuckthorn.htm 12.07.2009 15:15

know that which group were taken the drugs. One of them were taken control drugs. A t the end of the research the patients had a decrease in cholesterol level and improves cardiac function. Also they had less angina than those receiving the control drugs. The mechanism of action may include reduced stress of cardiac muscle tissue by regulation of inflammatory mediators.1

GASTRIC ULSERS: Seabuckthorn is traditionally used in the treatment of gastric ulsers. Labaratory studies confirmed the efficacy of the seed oil for this application. Its function normalize out put of gastric acid and reduce inflammation by controlling pro-inflammoitary mediators.2

LIVER CIRRHOSIS: The clinical trial demonstrated that seabuckyhorn extracts helped normalize liver enzymes, acids and immune system markes involved in liver inflammation and deregenation. In addition, labaratory studies revealed that seabuckthorn oil protects the liver from damaging effects of the toxic chemicals.3

SKIN: Palmitoleicacid, an ingredent of the seabuckthorn oil is a compenent of skin. It i a valuable tropic agent in treating burns and healing wounds. This acid also nourish the skin when taken orally. This is a useful method for treating systematic skin diseases. The fruits of seabuckthorn is used to make the hair strong. This plant also was used by Greeks to get horse coats bright. Clinical researches demonstrated that affect.4

TRADITIONAL USAGE CURRENT USAGE

Some of the plants characteristics especially its strong nitrogen-fixing and rapid growth make it a good species for improving soil fertility,cotrolling erosion,conserving water and stabilizing sand dunes.

Seabuckthorn also shows a strong tolerance for toxic pollutions in the soil and in the air and it can thus be used to revegetate heavily industrialized areas. In the North China and Mongolia seabuckthorn is seen as an ecological source. There is no tree in the large areas of this these lands. As a plant that can show strong tolerance for cold, seabucthornwas being planted these areas.

1 www.itmonline .org/arts/seabuckthorn.htm 12.07.2009 15:00

2 www.itmonline .org/arts/seabuckthorn.htm 12.07.2009 15:32

3 www.itmonline .org/arts/seabuckthorn.htm 12.07.2009 14:15

4 www.winrock.org 12.07.2009 15:55

Seabuckthorn is used in numerous food and drink products. Bacause it contains vitamin C, vitamin E, omega 3, omega 6, palmiteloic acid, ferulic acid, sugar, calcium, magnesium, patassium etc… For instance seabuckthorn wine is well known in Russia. In that country a new varity has been bred by hybridizing geographically distant plants. In Chinaa poor peasants have become prosperous by collecting and processing the fruit. Hippophae leaves also contain various nutritious substances and minerals. They are commonly used as tea. Sebuckthorn that was used by Greeks, was given in ancient times to horses as food. So when it is being planted in cold and arid areas it became a food source for wild animals.1

PARTS USED SOLVENT

The fruits of seabucthorn is being used in making fruit juices when mixed with other fruits. But other parts of the plant (leaves, fruits, seed, bark…) is being used especially in making medical tabletts. A highquality medical oil is produced from the fruit of seabuckthorn and used in the treatment of cardiac disorders. Its fruits are the source of oil. There are numerous of products can be got from seabuckthorn. Fruis,in making medical tabletts,in producing sport and health drinks, in cosmetic, in making tea, sugar, jam, marmelade, liquer etc…

KEY PREPARATIONS THER USAGE WARNINGS

When the wounds on skin and womb(uterus) be trying to heal a gauze with seabuckthorn oil be sprouted on the wound. This operation is be carried out everyday. The heal of the wounds on stomach seabuckthorn oil is also be used daily, for 2-3 times, before the meal.2

1 www.wikipedia.org 12.07.2009 16:20

2 www.winrock.org 12.07.2009 15:55

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2) www.itmonline.org/arts/seabuckthorn.htm

3) www.phytochemicals.info/plants/seabuckthorn.php

4) www.plants.usda.gov.tr

5) www.seabuckthorn.com

6) www.ubcbotanicalgarden.org

7) www.wikipedia.org

8) www.winrock.org

SHEEP SORREL

Latin : Rumex Acetosella

English : Sheep Sorrel

Turkish : Kuzukulağı

HISTORY

Rumex Acetosella is a species of sorrel bearing the common names sheep's sorrel, red sorrel, sour weed, and field sorrel. The plant and its subspecies are common perennial weeds. It has gren arrowhead-shaped leaves and red-tinted deeply ridged stems, and it sprouts from an aggressive rhizome. The flowers emerge from a tall, upright stem. Female flowers are maroon in color.1

HABITAT AND CULTIVATION

It is located in open disturbed areas pastures, meadows and utility, roadside and railroad right of-ways. It prefers sandy or gravelly soils and does not tolerate shade.2

KEY CONSTITUENTS

Rumex acetosella contains constituents including beta caratene, tartaric acid, oxalates (oxalic acid), anthraquinones (chry sophanol, emodin, Rhein), Glycosides (Hyperaside, quercitinmodin, Rhein), Glycosides (Hyperaside, quercitin-3-galactoside).3

KEY ACTIONS

It has a number of purpoted uses and folk remedies that include treatment for inflammation,cancer, diarrhea, scurvy and fever. A tea made from the stem and leaves can be made to act as a diuretic.It also has certain astringent properties and uses. Other historical uses

1 http://en.wikipedia.org/wiki/Rumex_acetosella 19.08.2009 09:30

2 http://www.na.fs.fed.us/fhp/invasive_plants/weeds/sheep-sorrel.paf 19.08.2009 09:30

3 http://en.wikipedia.org/wiki/Rumex_acetosella 19.08.2009 11.03

include that of a vermifuge, as the plant allegedly contains compounds toxic to intestinal parasites (worms).1

CLINICAL RESEARCH

Large doses of Rumex acetosella tea may cause gastric disturbance, nausea and diarrhea due to anthraquinones-type laxative compounds. Large doses of the raw herb may even cause poisoning due to high oxalic acid and taninin content. One death has been reported for a man consuming a soup made with 500 g of French sorrel. Teas containing sheep sorrel contain only frace amounts of oxalates.2

TRADITIONAL AND CURRENT USAGE

Sheep Sorrel root is best known for its astringent properties, though it has also been used historically as an antiseptic, diuretic, hepatic and laxative. Thoughout the centuries, the sorrels have appeared in historical archives as an unproven folk remedy for cancer in both Europe and America. In the late 1740s, legislation was introduced in Williamsburg,Virginia, that permitted Mrs.Mary Johnson to use this plant as a treatment for cancer, and in the 1868 Canadian Parmacy Journal, the leaves of both Sorrel and the talmacy Journal, the leaves of both Sorrel and the taler Common Sorrel were included in the list of Canadian medicinal plants. Historically, sheep Sorrel is thought to have been usefull for preventing the spread of contagious diseases such as the plague, and it is said to help overcome fevers caused by cholera and malaria.3

PARTS USED AND SOLVENT

The parts of this plant used medicinally are above ground portions. Sheep Sorrel has also had several traditional culinary uses, including the addition of the leaves to salad, egg dishes,soups and stews; and as a juice (from the leaves) used to curdle milk to make cheese. Sheep Sorrel is sometimes called Sour Grass because of it’s sharp taste,and it has been used to add a lovely tart taste to Ford and as an addition to cool, refreshing beverages. A tea made addition to cool, refreshing beverages. A tea made from the leaves and stem will act as a diuretic and may be helpful to support problems with gravel for mouth and throat ulcers, a tea made from the leaves and flowers of this plant may provide some relief.4

1 http://en.wikipedia.org/wiki/Rumex_acetosella 19.08.2009 11:30

2http://www.florahealth.com/floralhome/Canada/Healthinformation/Encyclopedias/SheepSorrel.htm 19.08.2009 12:20

3 http://www.viable-herbal.com/Singles/herbs/s888.htm 19.08.2009 13:45

4 http://www.viable-herbal.com/Singles/herbs/s888.htm 19.08.2009 12:50

KEY PREPARATIONS THEİR USAGES AND WARNINGS

Children pregnant and nursing women should not used Sheep Sorrels. The herb is not recommended for people with kidney stores,arthritis, rheumatism, endometriosis, gout and hyper acidity, since it may aggrauate those conditions, due to its high acidic content. Large amount of Money Sheep Sorrel should be avoided.1

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2)http://www.florahealth.com/floralhome/Canada/Healthinformation/Encyclopedias/SheepSorrel.htm

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4) http://www.na.fs.fed.us/fhp/invasive_plants/weeds/sheep-sorrel.paf

1http://www.viable-herbal.com/Singles/herbs/s888.htm 19.08.2009 15:40

DANDELION

Latin : Taraxacum Officainale

Englisch : Dandelion

Turkish : Karahindiba

Short History of Usage

While commonly perceived as a pesky weed, herbalists consider Taraxacum officinale a valuable herb with many culinary and medicinal uses. Being a rich source of vitamins A, B complex, C, and D, as well as minerals such as iron, potassium, and zinc, it is widely consumed as a salad green. The roots are roasted and used as a coffee substitute, and the flowers are used to make certain wines. The major historical uses for Taraxacum are as a diuretic and liver tonic. Native Americans used Taraxacum decoctions to treat kidney disease, swelling, skin problems, heartburn, and stomach upset. Chinese medicinal practitioners traditionally used it to treat digestive disorders, appendicitis, and breast problems. In Europe, herbalists incorporated it into remedies for fever,boils, eye problems, diabetes, and diarrhea. Today, Taraxacum roots are primarily used as an appetite stimulant and digestive aid while Taraxacum leaves are used as a diuretic to stimulate the excretion of urine.

Taraxacum was first referred to as a medicine in the works of the Arabic physicians of the tenth and eleventh centuries. They relied on it as a liver tonic, laxative and diuretic. In the Middle Ages, European physicians like Gerard and Parkinson continued to value its leaves an roots in the treatment of liver and gall bladder diseases. It is thought that its use for liver complaints was largely based on the doctrine of signatures, with its bright yellow flowers resembling yellow bile. 1Taraxacum's effects as a liver tonic was also recognised by the folk medicines of China, India and Russia. Traditional Chinese Medicine uses it in mixes to treat hepatitis, to enhance the immune response to upper respiratory tract infections, bronchitis and pneumonia, and as a topical compress to treat mastitis. Taraxacum has also long been used medicinally as a diuretic. Its French name, "pissenlit", means "to wet the bed." It was included as a diuretic in the US pharmacopeia from 1831 to 1926. Based on this action, it is often included in herbal weight loss and premenstrual syndrome remedies. It has also been

1 http://www.tamingthemonkeymind.com 25.08.2009 23.30

recommended for preventing atherosclerosis, and as a tonic for chronic osteoarthritis and gallstones. The German Commission E also approves it for use as a diuretic and to treat dyspepsia, liver and gallbladder complaints and appetite loss. In addition, Taraxacum was used as a bitter tonic in atonic dyspepsia, and as a mild laxative in habitual constipation. Grieves recommends its use for an irritated stomach, and for increasing appetite and promoting digestion. Combined with other ingredients, it was used in Europe incases of dropsy, phthisis, scurvy, scrofula, eczema and all eruptions on the surface of the body. In addition to its medicinal uses, the ground Taraxacum roots are used to replace chicory roots or coffee beans. Being an excellent source of vitamin A, Taraxacum leaves are often used as a salad green.

Habitat and Cultivation

A native of Central Asia, Taraxacum now grows amazingly well throughout most of the world. It prefers nitrogen-rich, moist soils in yards, gardens, fields, roadsides, open meadows and waste ground. Favouring the cooler climates, most species are found in the temperate zones of the northern hemisphere, with the largest concentration in north-west Europe.

Taraxacum is propagated by sowing the seed or diving the roots. However, the cultivated form was found to be less medicinally active than the wild plant. The crops should be kept clean by hoeing, and because the plant spreads rapidly, all flower-heads should be picked off as soon as they appear in order to contain its growth.1

Key Constutaments and Good Chemicals

Root

- Bitter sesquiterpene lactones: taraxinic acid (taraxacin), tetrahydroridentin B
- Triterpenoids: β-amyrin, taraxasterol, taraxerol, cycloartenol
- Sterols: sitosterin, stigmasterin, phytosterin
- Vitamins A, C and D and B vitamins, choline
- Minerals: potassium, calcium
- Glycosides

1 http://www.tamingthemonkeymind.com 25.08.2009 23.45

 Phenolic acids: caffeic acid, chlorogenic acid

 Flavonoids: apigenin, luteolin

 Other: sugars, tannins, alkaloids, pectin, inulin, starch, caffeic acid, asparagines

Leaf

 Coumarins

 Carotenoids: lutein, violoxanthin

 Bitter sesquiterpene lactones: taraxinic acid (taraxacin)

 Triterpenoids: cycloartenol

 Vitamins A, B, C and D

 Minerals: iron, potassium, magnesium, sodium, zinc, manganese, copper, phosphorus

Key Action

Internal Uses:

Acne

Anaemia

Anorexia

Arthritis

Bloating (leaf)

Boils

Cellulite (leaf)

Constipation

Cholelithiasis (leaf)

Cholecystitis (leaf)

Diabetes

Dyspepsia1

Eczema

Flatulence (leaf)

Gallstones

Gout

Headaches

Hepatitis

High Cholesterol

Hypertension

Irritability

Jaundice

Kidney Stones

Menstrual Problems

Obesity

Oedema (leaf)

Prostate problems (leaf)

Psoriasis

Pulmonary oedema (leaf)

1 http://www.tamingthemonkeymind.com 25.08.2009 23.50

Rheumatism

Tiredness

Urinary infections (leaf)

Topical Uses:

Fungal infections

Skin cancers (sap)

Warts (sap)

Wounds

Chinical research

Renal and Electrolyte Balance: Diuretic

Animal data: In rats and mice, Taraxacum leaf extracts exerted a diuretic effect that was aspotent as furosemide. However, because Taraxacum replaces the potassium that is lost through diuresis, it does not cause the potential side-effects seen with the use of furosemide like hepatic coma and circulatory collapse. It has greater diuretic effects than other herbs such as Equisetum arvense and Juniperis communis. The diuretic effect accounted for 100% of the weight loss found in these animal studies.

Human data: There are no studies evaluating the diuretic effects of Taraxacum leaves or roots inhumans or comparing it to standard diuretic medications.

Gastrointestinal/Hepatic: Cholagogue, digestive aid and appetite stimulant, laxative,

treatment of hepatitis

a. Cholagogue

Taraxacum has long been used to stimulate bile secretion.

Animal data: In German studies, Taraxacum leaf extracts increased bile secretion by 40% inrats. In French studies, giving dogs a decoction of fresh Taraxacum root doubled their bile1output.

Human data: Studies in humans have shown that the root enhances the flow of bile, improving conditions like liver congestion, bile duct inflammation, hepatitis, gallstones and jaundice. Taraxacum's ability to increase the flow of bile is two-fold. On the one hand, it directly stimulates the liver to increase bile production and flow to the gallbladder (choleretic), and on the other, it increases the contraction of the gallbladder and hence release of stored bile (cholagogue).

b. Digestive aid and appetite stimulant

Historically, plants with strong bitter flavors have been regarded as digestion and appetite enhancers.

Animal data: In two Chinese studies of animals with gastric ulcers, gastric metaplasia and hyperplasia, Taraxacum-containing herbal combinations led to significant histologic improvement.

c. Laxative

Taraxacum's historical use as a gentle laxative has not been thoroughly evaluated in modern studies. In a case series of 24 adults suffering from chronic colitis, an herbal combination containing Taraxacum improved constipation, diarrhea and intestinal cramping in 96% of patients.

d. Treatment of Hepatitis2

Human data: In 1938, an Italian study was conducted that involved 12 patients with severe liver imbalances, many of them experiencing typical symptoms like anorexia, low energy and jaundice. When treated with a Taraxacum extract, 11 of the 12 patients experienced a drop in their cholesterol levels. In another study, Taraxacum extract was shown to successfully treat hepatitis, hepatomegaly, jaundice and dyspepsia with insufficient bile secretion. A Chinese case series also reported that an herbal combination that included Taraxacum amongst its ingredients was helpful in treating 96 adults with chronic hepatitis B infection.

1 http://www.tamingthemonkeymind.com 25.08.2009 23.55

2 http://tamingthemonkeymind.com 26.08.2009 01.10

Endocrine: Diabetes

Taraxacum is a traditional European remedy for Type 2 diabetes.

Animal data: It is suggested that since inulin is made up of fructose chains, it may potentially act to buffer blood glucose levels, thus preventing sudden and severe fluctuations. Taraxacum roots in doses of 500 mg per kg body weight exerted moderate hypoglycemic effects in normal rabbits, but not those with experimentally induced diabetes. In both normal mice and those with experimentally-induced diabetes, Taraxacum extracts exerted no significant effect on blood sugar levels.

Immune Modulation: Immunostimulant, anti-inflammatory

a. Immunostimulant

Animal data: In Chinese studies of mice with immunosuppression secondary to scald burns, Taraxacum and five other herbs enhanced several measures of immune functioning.

b. Anti-inflammatory

An ethanol extract of Taraxacum was shown to have analgesic and anti-inflammatory activity when administered by injection.

Antimicrobial: Antiviral

In vitro data: Like many herbal extracts, Taraxacum demonstrated antiviral effects against human herpes virus, type 1 (HHV1) in vitro.

Antineoplastic: Antitumor

Animal data: In 1979, a Japanese study found that Taraxacum administered to mice for 10 days markedly inhibited the growth of inoculated Ehrlicj ascites cancer cells after a week of treatment. In 1979, the Japanese also patented a freeze-dried warm water extract of the root as an antitumour agent, and in 1981, they found Tof-CFr, a glucose polymer, to exhibit antitumour actions in mice.

In vitro data: Like many herbal extracts, Taraxacum has demonstrated antitumor effects in vitro.

Skin and Mucous Membranes: Wart remedy.

Direct application of Taraxacum juice to the lesion is a popular wart remedy which has not undergone thorough scientific evaluation, but is probably as safe and effective as most other home remedies for warts.

Traditional and current1

Historically, dandelion was most commonly used to treat liver diseases, kidney diseases, and spleen problems. Less commonly, dandelion was used to treat digestive problems and skin conditions.

Today, dandelion is used by some as a liver or kidney "tonic," as a diuretic (which helps remove excess water from the body), and for minor digestive problems

Parts used solvent

Root

Primary

Bitter tonic

Choleretic

Cholagogue

Secondary

Digestive

Hepatotonic

Diuretic

Tertiary

Laxative

Anti-rheumatic

Anti-tumour1

1 http://www.allnutritionals.com 26.08.2009 01.25

Anti-viral

Immunostimulant

Anti-inflammatory

Depurative

Leaf

Primary

Diuretic

Secondary

Nutrient

Bitter

Choleretic

Key preparation and their usage warnings

 Allergic reactions and contact dermatitis to Taraxacum have been reported; taraxinic acid appears to be the most allergenic component of the plant.

 People with known sensitivity to other members of the Asteraceae family should avoid topical application of Taraxacum leaf or its products.

 The milky juice, if sucked excessively by children, could cause nausea, vomiting or diarrhoea.

Possible Interactions

Unknown; none reported. Some herbalists recommend avoiding the combination of Taraxacum and diuretic medications, but no adverse effects from this combination have been reported.

Use in pregnancy and lactation:

Unknown. No adverse effects have been reported when taken in doses usually consumed as food.

Preparation

Taraxacum leaf1 and root are available fresh or dried in a variety of forms including tinctures, prepared tea, or capsules.

Dosage

Recommended adult doses are as follows:

Root

Dried root: 3 – 5 g or by infusion or decoction

Liquid Extract (1:1 in 30% alcohol): 2 – 8 ml tds

Tincture (1:5 in 45% alcohol): 5 – 10 ml tds

Fresh Juice: 4 – 8 ml tds31

Leaf

Dried herb: 4 – 10 g or by infusion tds

Liquid Extract (1:1 in 25% alcohol): 4 – 10 ml tds

Tincture (1:5 in 25% alcohol): 2 – 5 ml tds

Juice from fresh leaf: 5 – 20 ml, twice daily

1 http://www.tamingthemonkeymind.com 26.08.2009 01.37

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CASTORBEAN PLANT

Latin : Ricinus Communis

English : Castorbean Plant

Turkish : Hint Yağı Bitkisi

The Castor oil plant (Ricinus Communis) is a species of flowering plant in the spurge family , Euphorbiaceae . It belongs to monotypic genus Ricinus and subtribe , Ricininae .1

Castor seed is the source of castor oil , which has a wide variety of uses . The seed coat contains Ricin , a toxin which is also presented in lower concentrations throughout the plant . Castor is to be dissolved with alcohol . It is not used as an oil in the meals . Ricinoleic constitute its composition . Castor is used as an oil motor . In the United States , castor oil has been used by the military aircraft lubricants , hydrolic fluids and in the manufacture of explosives . 2

The Castorbean plant has been cultivated for centuries for the oil produced by its seeds . In the tropics the Castor bean plant is a perennial . It is grown as an annual in temperate regions . Germination is slow . Seedlings will emerge 10 to 21 days after planting . Commercial varieties grow to a height 3 to 10 feets . 3

The plant consists of several stems or branches , each terminated by a spike. The mature spike is 6 to 12 inches long . In some varieties , female flowers are on the upper side of the spike and male flowers are on the downer side . 4

Laboratory evaluation should initially include CBC count with differential , basic metabolic profile and liver function tests . Coagulation studies may be necessary if the gastroenteritis becomes hemorrhagic .5

1 http://en.wikipedia.org/wiki/castor-oil-plant 08.07.09 – 23:31

2 http://www.waynesword.palomar.edu/plmar99.htm#chem 22.07.09 – 23:15

3 http://www.hort.purdue.edu/newcrop/duke-energy 22.07.09 – 21:45

4 http://www.hort.purdue.edu/newcrop/AFCM/castor.html 21.07.09 – 01:30

5 http://emedicine.medscape.com 22.07.09 – 01:00

India is world leader in Castorbeans production followed by China and then the Brazil . 1

Plant oils are typically composed of triglyceride molecules (technically called esters) composed of a 3 carbon alcohol (glyceral) plus three 18-carbon (or 16 carbon) fatty acids. Unlike the saturated fatty acids of animal fats which are solid at room temperature. Plant fatty acids are typically unsaturated and liquid at room temperature, with one or more double bonds between the carbon atoms.(mono-unsaturated and polyunsaturated) [Note: The palm fatty acid palmitin is saturated and contains 16 rather than 18 carbon atoms]

It is the host plant of the Common Castor butterfly (Ariadne merione) and the Castor Semi-Looper moth (Achaea janata). It is also used as a food plant by the larvae of some other species of Lepidoptera, including Hypercompe hambletoni and the Nutmeg (Discestra trifolii).2

Among birds, it is a favourite food of the Tambourine Dove (Turtur tympanistria).

Castor seeds are very toxic. Poisoning occurs when animals ingest broken seeds or break the seed coat by chewing. Intact seeds may pass through the digestive tract without releasing the toxin. Toxicity varies among animal species: 4 seeds will kill a rabbit, 5 a sheep, 6 an ox or horse, 7 a pig, 11 a dog, but it takes 80 to kill a duck.[6] The toxin provides the castor oil plant with some degree of natural protection from insect pests, such as aphids. In fact, ricin has been investigated for its potential use as an insecticide.

Castor seeds have a warty appendage called the caruncle, which is a type of elaiosome. The caruncle promotes the dispersal of the seed by ants (myrmecochory).3

Castorbeans grow well on slightly alkaline or acid soils. The most important factor in fertility level is the supply of nitrogen in the soil. Insufficient nitrogen results in reduced castorbean yields. Excessive nitrogen produces heavy vegetative growth with little or no increase in seed yield.4

The amount of nitrogen required by castorbeans depends on the soil organic matter content, as shown in Table 1. Preplant and sidedress applications of nitrogen may be beneficial at the higher application rates or on lighter-textured soils.In general, castorbeans

1 http://en.wikipedia.org/wiki/castor-oil-plant 08.07.09 – 23:31

2 http://en.wikipedia.org/wiki/Castor_oil_plant 08.07.09 - 03.12

3 http://en.wikipedia.org/wiki/Castor_oil_plant 07.07.09 - 04.45

4 http://www.hort.purdue.edu/newcrop/AFCM/castor.html 06.07.09 - 05.15

require the same amount of nutrients as other low-demand field crops. For typical silt loam soils testing in the optimum range (6 to 10 ppm P; 81 to 100 ppm K), approximately 20 lb P2O5 and 40 lb K2O should be applied per acre. If soil tests are below optimum, approximately 5 lbs P2O5 and 20 to 30 lb K2O should be applied in addition to the previous amounts. Castorbeans do not generally respond to phosphorus, and excess soil phosphorus levels can actually decrease yields. Therefore, do not apply P2O5 except where soils test in the optimum or below optimum level for extractable P.1

The oil is obtained from the seeds by two principal methods - expression and decoction. The latter process is largely used in India, where the oil on account of its cheapness and abundance, is extensively employed for illuminating, as well as for other domestic andmedicinal purposes. The oil exported from Calcutta to Europe is prepared by shelling and crushing the seed between rollers. The crushed mass is then placed in hempen cloths and pressed in a screw or hydraulic press. The oil which exudes is mixed with water and heated till the water boils and the mucilaginous matter in the oil separates as a scum. It is next strained, then bleached in the sunlight and stored for exportation.In France, the oil is obtained by macerating the bruised seeds in alcohol, but the process is expensive and the product inferior. There are two modes of extracting the oil by expression: without heat, when it is termed 'cold drawn Castor Oil,' this process being largely carried out in Italy, Marseilles, Belgium, Hull and London; with heat, the process generally adopted in America. Italian Castor Oil, which is of an excellent quality, is pressed from seeds grown chiefly in the neighbourhood of Verona and Legnago. Two varieties of Ricinus are cultivated in these localities, the black-seeded Egyptian and the red-seeded American, the latter yields the larger percentage, but the oil is not so pale in colour. All the Castor Oil pressed in Italy, however, is not pressed from Italian seed, but some seeds are imported from India into Italy - as also into this country. In the north of Italy, the fresh seeds are alone used, and after they have been crushed and the seed coats very carefully removed with a winnowing machine and by hand, the blanched seeds are put into small hempen bags, which are arranged in superposed layers in a powerful hydraulic press, with a sheet of iron heated to 90 degrees F. between each layer, so as to enable the oil to flow readily, they are finally submitted to pressure in a room, which in the winter is heated to a temperature of about 70 degrees. The oil which first flows is of the finest quality, but an inferior oil is subsequently obtained by pressing the mass at a somewhat higher temperature. The peeled seeds yield about 40 per cent. of oil. After expression, the oil is usually bleached by exposure to sunlight or by chemical means. In America, where the oil is obtained by expression with heat, the manufacture is conducted on an extensive scale in

1 http://www.hort.purdue.edu/newcrop/AFCM/castor.html 08.07.09 - 07.00

California. There the seeds are submitted to a dry heat in a furnace for an hour or so, by which they are softened and prepared to part easily with their oil. They are then pressed in a large powerful screwpress, and the oily matter which flows out is mixed with an equal proportion of water, and boiled to purify it from mucilaginous and albuminous matter. After boiling about an hour, it is allowed to cool, the water is drawn off and the oil is transferred to zinc tanks or clarifiers capable of holding from 60 to 100 gallons. In these it stands about eight hours, bleaching in the sun, after which it is ready for storing. By this method, 100 lb. of good seeds yield about five gallons of pure oil. Of these three varieties of extraction, the Italian or cold drawn is considered the best the East Indian, the poorest, as the mode of purifying by heating with water is considered very imperfect. The former owes its freedom from acridity and unpleasant taste partly to the removal of the seed coats before pressing, and partly to the low temperature used during the manufacture.1

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1 http://www.botanical.com/botanical/mgmh/c/casoil32.html 07.07.09 – 22:55

CAPER

Latin : Capparis Spinosa

English : Caper

Turkish : Kaperi

HISTORY

The Latin name of plants capparis Turkish is caper. In some place, it is called as crob. Lost in the modern agricultural barbed spinosa plant species name refers to the many sharp thorns. Later, capparis spinosa is known as unbared type.1

Its image is flat oval-leafed, long identified as the shell is a fruit. There are a large number of white flowers in stamens.

When there isn't caper, some of sharp plants are used instead of caper. But nowadays, this mixing is very rare. Because real caper has non-symmetrical leaves and so it is known immediately. That plant is also available in Egypt. Turkey, Italy, Spain. Most are located in Himalaya.2

The Latin name of plants is capparis, but the name is kaperi in Turkish. In some places, it is known as keperi or keçi bounuzu.

Later, capparis spinosa is known as unthorn type. Its image is as a fruit which is flat, oval-leafed. There are a large number of stamens of white flowers.

Some of the buds of the sharp plant was used when caper was absence. But today, this confusion is very rare. Because real caper is known immediately with non-symmetrical leaf.

1 www.wikipedia.org/wiki/caper 07.05.09 21: 05

2 www.wikipedia.org/wiki/caper 07.05.09 21: 10

The plant is also available in Egypt, Turkey, Italy and Spain. Most are located in Himalayan and grow in the rocky cliff. But still, its homeland is accepted the western and the middle Asia.

HABITAT AND CULTIVATION

The plant which grows up abundant in Turkey, is 60 cm-1,5 m and spreads too. The dark green leaves as candle are oval shaped and has smooth edges.

Caper named delicious spices like Gillyflower composes of the unopened flower buds.

The caper plant which is short, stocky plants of caper family, is specific to the Mediterranean region.

The caper family known as Capparidacea is closely related to the family of the small mustard plant.

The unopened flower buds of caper are the size of peas.

The beauty of the flowers of caper is nice and short-lived like papaverous. Wild capers surround the Mediterranean Sea. Even they extend to the northern Sahara in Africa.1

Plant's branches are yellowish green color and there are light and small thorns on the plant. Plant, at the beginning of autumn and end of summer, produces the white petal with pink flowers flashy stamens.

Flowers are highly decorative and durable. Its fruits are the form of capsules, when it is small, it is green; then it is yellowish brown color.

Capparis spinosa enjoys full sun location. It can not grow in the shade. When it grow in semi-shade, the plant undersizes and poorly develops.

Its water requirements is available for each type conditions. It is seen that it grows in place where is very little water, as well as, it can be seen in places such as water channels. So you can grow in dry or humid locations.

There is no specific preference in terms of soil, the plant can live even in the sandy and salty soil.

1 www.desert.tropicals.com 07.07.07 21: 10

It can be produced with its seed, but both of techniques are quite difficult. The seeds of caper are large kidney-shaped. Its color is also gray and brown. It can be collected without a hand injury when it hasn't spine.

In today, caper has grown in the Mediterranean Sea's natural environment. It is also produced with significant amounts in France, Spain, Italy, Algeria, Iran, Cyprus and Greece.

KEY CONSTITUENS AND GOOD CHEMICALS

Capers plant (Capparis Spinosa), grows in the Mediterranean region and it is one of the most rich plant in nature, because it is composed of the amino group of the acids, minerals and vitamins.1

Caper contains isothiocyanates. Therefore, it is similar to several kinds of cabbage family.

Actually, the pickled caper contains water in basic. It includes anti oxidant. So, this is very tasty.2

For it contains aldose reductose, it is used in the stomach ailment. 3

It is composed of Treos, Governor of metionin, isolelusin, leucin, Lysine, aspartik acid, cool to glukamik acid prolin, glisin, alone, cystein, trosin, histitin, argi Sulfur, potassium, magnesium, calcium, sodium, zinc, iron, manganese, betakaroten, VitaminB1, Vitamin B2 and VitaminC.

Thanks to luteolin, it lowers bad cholesterol LDL as well as it protects the heart by increasing good cholesterol HDL.

KEY ACTIONS

A long time ago, caper has been used for medical purpose by ancient Greek and Roman.

Caper is used as an analgesic.

It is used as Anthelmintic, Antihaemorrhoidal, aperient, Deobstruent, Depurative, diuretic, Emmenagogue, Expectorant, Tonic. These are made from the root of caper.

1 www.uni-graz.at/katzer/engl 07.10.09 20: 30

2 www.naturalstandard.com 07.02.09 15: 00

3 www.wikipedia.org/wiki/caper 07.05.09 21: 30

Caper's root is used for boiling water, anemia, rheumatism, and gut disease.

Caper handle is durectic and hot. If it is taken before dishes, the appetite is opened. This is effective because it contains the anti-oxidant bioflavinoid routine which makes tasty.

Caper is known as hepatic stimulant and protector in Ayurvedeic drug,. It improves liver.

Its seed is a rich source. This is known as Aldose reductose blocklists.

This is also known that the buds relieve the stomach pain.

It helps to resolve constipation.

It helps Hemoroid.

It is very effective for cell renewal.

It is effective to be organized sperm activities.

It helps to solve the problems of mensturual.

It helps to solve problems of tumors.

It helps to increases mother's milk quality and substantiality.

It discards the blood of toxins and foreign substances which cause pollution from the body.

It increases the number of Trombosit.

CLINICAL RESEARCHES

It has been proven by many clinical experiments that it makes anti-hepatocsic on livers.1

Spaniards use their roots for hemeroid treatment and menstrual.

India, fresh or dried root shell can be used as a laxative and pain. Caper types are qualified for six items polifenol in Turkmenistan .1

1 www.desert.tropicals.com 07.07.07 21: 10

When animals eat the plant, their milk and eggs are also very high efficiency.

Evliya Çelebi described the plants in travel. He discovered it 400 years ago.It is told that the plant is grown in Çorum's Osmancik town and its pickled is used for healing diseases, health and strength. But this plant is known as gebre.

TRADITIONAL AND CURRENT USAGE

It was used as a garnish in throughout the centuries.

Its part of root has been used in the cosmetic. Especially, rosy red dots and tubes of weakness was benefited specially.2

As well as it was used as an ornamental plant.3

It is not known except for Mediterranean Sea and the Caucasus mountains . But it still continues to be recognized. 4

For instance, caper is introduced to Americe by Spaniards. Therefore, caper is seen in some food of Mexico.

But it is not very common in the indigenous population. Caper’s smell is a bit spicy and its taste is sharp and sour.

Its fruits tastes are similar.

The caper is used for majority seasoning, salt, sauces and salad.

Its salt increases taste of Swordfish steaks and pasta sauces.

The caper is required for Mediterranean cuisine.

Most is combined with Italian food.

They accompany to caper with tomatoes and Wien in majority.

1 www.desert.tropicals.com 07.12.09 13: 00

2 www.uni-graz.at/katzer/engl/capp-spr.html 07.05.09 20: 50

3 www.adu.edu.tr/akademik/capparisspinosa.doc 07.05.09 22: 00

4 www.desert.tropical.com 07.07.09 21: 00

Furthermore, it is often confused with the Italian pizza and cold meats. Without flower buds in the morning, caper ,which is collected immediately, is never dried up. But it is used for oil, is used for salted and pickled.

In the majority, the caper are protected with coarse salt. But they should be rinsed before using.In general, it is known about the caper which are made for pickles. Their taste is very intansa. But its pickles are used for trade rarely.

The mix of caper is more with Mediterranean spices, and it is combined with olives. In Spain, caper was declared as national plant, and millions dolars are earned from agricultural of capers in each year. Almost all of the capers grown are exported to pharmaceutical companies as raw materials.

WARNINGS

There is no known side effect, no side effects

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DAMIANA

Latin : Turnera Diffusa

English : Damiana

Turkish : Damiyana

SHORT HISTORY OF USAGE

Damiana first was recorded with aphrodisiac effects in scientific literature over 100 years ago. Damiana has a long history of use in traditional herbal medicine throughout the world. It is thought tı act as an aphrodisiac, antidepressant, tonic, diuretic, cough-suppressant, and mild laxative. From 1888 to 1947 damiana leaf and damiana elixirs were listed in the National Formulary in the United States.[1]

HABITAT AND CULTIVATION

The domiana herb is a native of Gulf of Mexico and regions of southern California and is also found in the wild in some of the northern Caribbean Island , and in Namibia . In these areas , cultivation of the domiana occurs on a significant scale and the herb is also found growing wild . The ideal habitat preferred by the herb is a hot and humid climate . The herb flowers in the summer , when the harvesting of the leaves is carried out. [2]

KEY CONSTITUENTS AND GOOD CHEMICALS

Domiana‘s chemical composition is complex and its components have not been identified completely . The leaves contain at least 20 constituents (including cineole , pcymene , alpha and beta pinene , thymol, alpha copaene and calamene). Domiana leaves also contain tannins, flavonoids, beta– sitosterol, domianin, and the glycosides gonzalitosin, arbutin and tetraphylin.[3]

The main constituents of domiana include :Albuminoids , alpha –copaene, alpha-pinene , arbutin , barterin, beta - pinene, beta – sitosterol, calameneme, caoutchouc,

1 www.rain-tree.com/damiana.html 08.07.09 14:45

2 www.herbs2000.com 08.07.09 14:55

3 www.rain-tree.com/damiana.html 08.07.09 15:10

chlorophyll, 1,8- cineole, cymene, cymol, damianin ,essential oil, gamma- cadinene, gonzalitosin-1, hexacosanol-1, luteolin, quinovopyranosides, tannins, tetraphyllin, thymal, triacontane, and trimethoxyflavones .[1]

KEY ACTIONS

Domiana is a muscle relaxer . As a medication it is used against fatigue , exhaustion , hormonal disorders and congestions . It is known historically as an important folk medicine in Mexico and used for some illnesses such as sterility , impotence , diabets , bladder infection and asthma . Domiana is also said to have an effect to posses mild sedative qualities , able to induce a state of relaxion and to aid in falling asleep .

Domiana is widely used as a traditional medicine in the subtropical region of diuretic and aprodisiac . It has traditionally been used for anxiety , nervous , depression , constipation , hormon , balance , premature ejaculation , urinary infection , frigidity , vaginal discharge , painful menstruation , menopausal problems , poor appetire , flu , headache . [2]

CLINICAL RESEARCHES

A U.S patent was awarded in 2002 for a combination of herbs , including domiana , to overcome natural inhibitors of human sexual response and allow for improved response and psychological effects . Another U.S patent was awarded for an herbal combination for females , with inventors reporting that domiana could…relieve anxiety , depression , headaches during menstruation and exhaustion .

In 1999 , a group of researches in Italy administered domiana to both sexually patent and sexually sluggish (or importent) rats , but in others , it increased the percentage of rats achieving ejaculation and made them more sexually active .[3]

TRADITIONAL AND CURRENT USAGE

In mexico , domiana is used for asthma , bronchitis , neurosis , diabetes , dysentery , dyspepsia , headache , paralysis , nephrosis , spermatorhea , stomachache , and syphils .

Domiana has been used in the past as a tea to help teenegares overcome the shyness and self consciousness that sometimes accompanies puberly . Domiana has also be used for

1 www.viable-herbal.com/harbdesc1/damiana.htm 08.07.09 15:45

2 www.rain-tree.com 08.07.09 16.45

3 www.rain-tree.com 09.07.09 17:49

sexual performance anxiety in adults . The bitter parts of plants stimulates the nevre system and genitals so this allowes the nevre messages spread more quickly through the body .[1]

PARTS USED AND SOLVENT

The medicinal part of the plant is its leaves which are harvested during the flowering season . Sometimes stems can be also used . In ancient times some people smoked domiana in a waterpioe as a prelude to lovemaking . Domiana is dissolved in hot water .[2]

KEY PREPARATIONS, THEIR USAGE AND WARNING

Preparation of an herbal tea from the domiana involves the addition of 250 ml or a cup of boiling water to a gram of some dried domiana leaves . The herbal leaves must be allowed to step into the boiling water for about ten to fifteen minutes . One sufficient time has passed , strain the herbal drink , cool it and then drink three cups of this herbal remedy , every day as a treatment for various illnesses . The domiana can also be taken in the form of an herbal tincture , patients can take 2- 3 ml of the herbal tincture , thrice everyday.[3]

The traditional remedy calls for 2 – 4 g of dried leaves infused in a cup of boiling water ;2 – 3 cups are taken daily . Alternatively 2 – 4 ml og a liquid extract or 3- 4 grams of powdered leaves in tablet sor capsules taken thrice daily can ben substituted if desired .[4]

The herbal tablet sor herbal capsules can also be taken , dosage amounts can ben 400 – 800 mg of either one or the other , thrice every day . The herbal remedies made from the domiana are normally never used singly . The herbal remedy is believed to be much more effective when used in combination with other herbs that have a similar or complementary activity on the human body .

A mild sensation of euphoria is sometimes believed to be induced in a person using higher doses of domiana . Consumption of the herbal leaves is known to have a minor laxative effect , higher intakes of the herbal leaves may have a stronger laxative action and the use of extremely high doses of the herbal remedy may cause the stools of the patient to loosen considerably. [5]

1 www.rain-tree.com 08.07.09 17:55
2 www.naturalstandard.com 24.07.09 21:40
3 www.herbs2000.com 24.07.09 22:05
4 www.rain-tree.com/damiana.html 06.07.09 18:25
5 www.herbs2000.com 05.07.09 16:04

Do not use different formulations (tablets , teas and others) of domiana at the same time .

Do not take domiana without first talking to your doctor if you take a medicine to treat diabetes or to control blood sugar levels and if you are pregnant or could be become pregnant. Take the bills forms of domiana with a full glass of water. Domiana has no side effect .[1]

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BITTER ORANGE

Latin : Citrus Aurantium

English : Bitter Orange

Turkish : Turunç

As with most other citrus fruits, the descendance of oranges is not known exactly. Despite the earlier belief that assumed a Chinese origin, it is now generally believed that oranges originate from Northern or North Eastern India. The first oranges were brought to Europe by the Moors, probably already in the 9.th century. They were first grown in the Arabic realms in Sicily and Spain. These oranges, however, were not the sweet oranges chiefly known today, but the bitter oranges, also called sour oranges or Seville oranges, after the city of Sevilla which was the center of Arabic culture on the Iberic peninsular. Sweet oranges have been introduced half a millennium later, probably by Portuguese traders.1 The sour orange is native to southeastern Asia. Natives of the South Sea Islands, especially Fiji, Samoa, and Guam, believe the tree to have been brought to their shores in prehistoric times. Arabs are thought to have carried it to Arabia in the 9th Century. It was reported to be growing in Sicily in 1002 A.D., and it was cultivated around Seville, Spain, at the end of the 12th Century. For 500 years, it was the only orange in Europe and it was the first orange to reach the New World. It was naturalized in Mexico by 1568 and in Brazil by 1587, and not long after it was running wild in the Cape Verde Islands, Bermuda, Jamaica, Puerto Rico and Barbados. Sir Walter Raleigh took sour orange seeds to England; they were planted in Surrey and the trees began bearing regular crops in 1595, but were killed by cold in 1739.Spaniards introduced the sour orange into St. Augustine, Florida. It was quickly adopted by the early settlers and local Indians and, by 1763, sour oranges were being exported from St. Augustine to England.2

Today, the sour orange is found growing wild even in southern Georgia and from Mexico to Argentina.3 The dark red colour of the so-called blood orange (Citrus sinensis cv. Sanguinelli, Citrus sinensis cv. Moro) is due to pigments of anthocyanin type (delphidin and

1 http://www.uni-graz.at/~katzer/engl/Citr_sin.html 08.07.09 – 23:31

2 http://www.hort.purdue.edu/newcrop/morton/sour_orange.html 08.07.09 – 23:00

3 http://www.hort.purdue.edu/newcrop/morton/sour_orange.html 08.07.09 – 23:00

others). Blood oranges were first grown in Sicily around 1850 from plants imported from China; even today, they are hardly grown on commercial scale elsewhere.1 It is a small tree with a smooth, greyishbrown bark and branches that spread into a fairly regular hemisphere. The oval, alternate, evergreen leaves, 3 to 4 inches long, have sometimes a spine in the axil. They are glossy, dark green on the upper side, paler beneath. The calyx is cup-shaped and the thick, fleshy petals, five in number, are intensely white, and curl back. The fruit is earth-shaped, a little rougher and darker than the common, sweet orange: the flowers are more strongly scented and the glands in the rind are concave instead of convex. 2

Food Value Per 100 g of Edible Portion . Fruit (raw) Fruit (raw, with only superficial layer of peel removed)

Calories 37-66

Moisture 83-89.2 g 77.8-83.1 g

Protein 0.6-1.0 g 0.154-0.167 g

Fat trace-0.1 g 0.05-0.07 g

Carbohydrates 9.7-15.2 g ?

Fiber 0.4 g 1.8-2.2 g

Ash 0.5 g 0.57-0.69 g

Calcium 18-50 mg 64.3-81.9 mg

Iron 0.2 mg 0.22-0.85 mg

Phosphorus 12 mg 19.6-20.4 mg

Vitamin A 290 mcg or 200 I.U. 0.055-0.07 mg

Thiamine 100 mcg 0.048-0.059 mg

Riboflavin 40 mcg 0.030-0.040 mg

Niacin 0.3 mg 0.282-0.400 mg

1 http://www.uni-graz.at/~katzer/engl/Citr_sin.html 08.07.09 – 23:46

2 http://www.botanical.com/botanical/mgmh/o/oraswe12.html 08.07.09 – 00:12

Ascorbic Acid 45-90 mg 55.2-103.5 mg.1

Fruit peel (pericarp); the fruit juice is also a valuable food additive. Candied orange peel (orange succade) is prepared from the thick-skinned bitter orange, a closely related species (see below). Extracts and distillates obtained from orange blossoms play an important rôle in perfume industry. Orange blossom water (neroli water) is an aqueous distillate popular for flavouring sweets and drinks.2The oil is used chiefly as a flavouring agent, but may be used in the same way as oil of turpentine in chronic bronchitis. It is non-irritant to the kidneys and pleasant to take. On the Continent an infusion of dried flowers is used as a mild nervous stimulant. The powdered Bitter Orange peel should be dried over freshly-burnt lime. For flavouring, the sweet peel is better, and as a tonic, that of the Seville or Bigaradia is preferred. A syrup and an elixir are used for flavouring, and a wine as a vehicle for medicines.The compound wine is too dangerous as an intoxicant, being mixed with absinthium, to be recommended as a tonic.3 Plants For A Future can not take any responsibility for any adverse effects from the use of plants. Always seek advice from a professional before using a plant medicinally.4

There is still a lot of scientific research being conducted on Citrus Aurantium.There are many products that contain this ingredient that are highly priced.There are some potential health risks that everyone should be made aware of, that may not be included when it comes to less reputable companies. Though there is a lot of information to be found all over the Internet on Citrus Aurantium, it is tough to say whether or not it really helps with weight loss because there is still a lack of scientific evidence and clinical research to support that it does. If you a healthy person and do not have any heart conditions or anything to worry about, Citrus Aurantium may be something worth trying to help you lose weight. If you have certain medical conditions or are on medication to treat a variety of conditions, the safer route would be to find a weight loss supplement that contains safe, proven ingredients.5

The normal types of sour orange are usually too sour to be enjoyed out-of-hand. In Mexico, however, sour oranges are cut in half, salted, coated with a paste of hot chili peppers, and eaten.The greatest use of sour oranges as food is in the form of marmalade and for this purpose they have no equal. The fruits are largely exported to England and Scotland for making marmalade. Sour oranges are used primarily for marmalade in South Africa.The juice

1 http://www.hort.purdue.edu/newcrop/morton/sour_orange.html 08.07.09 – 23:00

2 http://www.uni-graz.at/~katzer/engl/Citr_sin.html 08.07.09 – 23:46

3 http://www.botanical.com/botanical/mgmh/o/oraswe12.html 08.07.09 – 23:25

4 http://www.pfaf.org/database/plants.php?citrus+aurantium 07.07.09 – 23:58

5 http://www.vitalhealthpartners.com/citrus-aurantium.review 08.08.09. – 00:10

is valued for ade and as a flavoring on fish and, in Spain, on meat during cooking. In Yucatan, it is employed like vinegar. In Egypt and elsewhere, it has been fermented to make wine.1

Fruit, peel, leaves, flowers, seeds, essential oil.2

"Bitter orange oil", expressed from the peel, is in demand for flavoring candy, ice cream, baked goods, gelatins and puddings, chewing gum, soft drinks, liqueurs and pharmaceutical products, especially if the water-or alcohol-insoluble terpenes and sesquiterpenes are removed. The oil is produced in Sicily, Spain, West Africa, the West Indies, Brazil, Mexico and Taiwan. "Neroli oil", or "Neroli Bigarade Oil", distilled from the flowers of the sour orange, has limited use in flavoring candy, soft-drinks and liqueurs, ice cream, baked goods and chewing gum.3

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1 . http://www.uni-graz.at/~katzer/engl/citr_sin.html

2 . http://www.hort.pordue.edu/newcrop/morbon/sour_orange.html

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4 . http://www.pfaf.org/database/plants.php?citrus+aurantium

5 . http://www.vitalhealthpartners.com/citrus-aurantium.review

6 . http://www.herbs2000.com/herbs/herbs_orange.htm

1 http://www.hort.purdue.edu/newcrop/morton/sour_orange.html 08.07.09 – 23:00

2 http://www.herbs2000.com/herbs/herbs_orange.htm 08.08.09 – 00:35

3 http://www.hort.purdue.edu/newcrop/morton/sour_orange.html 08.07.09 - 23:00

SAGE

Latin: Salvia Officinalis

English: Sage

Turkish:Adaçayı

HISTORY

The sage varieties used as herbs stem from the Mediterranean and Asia Minor and sage has been grown in central Europe since the Middle Ages. The name of "salvia" comes from the Latin word "saluare" meaning to" heal" and "saluare" meaning to be healthy. 1

The species name of officinalis refers to its use in the medicines of the past; it is derived from the Latin word "opificiana" meaning herb store or pharmacy. An ancient proverb states "why should a man die who has sage in his garden?"2

The ancient Greeks used it to treat consumption, ulcers and snake bites. The Romans considered sage to be sacred herb and concocted a whole ceremony just to pick it. A sage gatherer would have to use a special knife ,have to have clean clothes and clean feet.3

Under the name of salvia, the plant was described in the works of the Romans, Plinius ,Dioseorides and Galen. The Romans would use it for toothpaste and they thought it was be good for brain and the senses. Sage was to be found in England in earlier times whwn it was used mainly a seasoning. Sage was also highly valued in the Middle Ages. The Chinese also were quite partial to this herb and 17th century Dutch merchants found that they would trade one chest of sage leaves for three of their tea. Strong smelling plants were often used for the purposes of ritual and protective purposes.4

CULTIVATION

1 http://www.selfsufficientish.com/sage.htm , 15.07.2009,16:07

2 http://www.avogel.ch/en/plant-encyclopaedia/salvia_officinalis.php#3 ,08.07.2009,20:15

3 http://www.selfsufficientish.com/sage.htm 15.07.2009 ,16:07

4 http://www.avogel.ch/en/plant-encyclopaedia/salvia_officinalis.php#3 08.07.2009,20:15

Common sage is easy to start from seed. Propagate in early spring ideally keeping at a temperature of between 15-21 centigrade(60-70)F and plant out after about four weeks. So ensure that you avoid frost when planting out ,as this can adversely affect young plants. You can also grow from cuttings, use a sand compost mix. Rooting will take about four weeks. Sage likes full sun and well drained soil, if you allow it to dry between watering. Sage dislikes

heavy or acid soils, prefers a calcareous soil. Sage will withstand most winters the lowest temperature. It need for survival is about -12centigrade(10F) It isn't advisable to pick sage during the colder months as this can damage the plant. Sage will benefit from a good pruning just after it flowers, as this stimulates growth. Also do not pick the leaves before the plant reaches a height of about 20 cm. Plants need to be trimmed in late spring in order to keep them compact. They tend to degenerate after a few years and are best replaced after about four years. A well cared for sage plant will grow up to 1 meter tall.1

HABITAT

Sage belongs originally to the flora of Mediterranean countries. It can be found in huge numbers from the Dalmatian Mainland to the sunny lime hillsides. In former Yugoslavia.

The export of sage leaves and sage oil represented a considerable source of revenue. It is cultivated there as well as in Albania ,Hungary, Germany and France. Spanish sage, Salvia off. Whose volatile oil has a strong eucalyptus smell, comes mainly from Spain. Carnosol acids and bitter substances are not present in Spanish Sage.2

KEY CONSTITUENS

Key constituents of sage are;

The essential oil (%1 to 2.5)

Thujone (%35 to 60)

1,8-cineol (%15)

Camphor (% 18)

Borneol (%16)

1 http://www.selfsufficientish.com/sage.htm 15.07.2009,16:07

2 http://www.avogel.ch/en/plant-encyclopaedia/salvia_officinalis.php#3 08.07.2009 ,21:15

The essential oil is composed rather different species and varieties of sage.1

KEY ACTIONS

Traditionally, the leaves have been made into a poultice and used externally to treat sprains, swelling, ulcers and bleeding.

It was also commonly used in tea form to treat sore throats.

Sage is considered one of the good herbs for the coughs.

Considered by many herbalist as a good medicinal herb for treating eczema.

Sage is used in treating the symptoms of menopause.

Salvia officinalis has shown anti-viral and anti-bacterial properties.

It is useful in aiding digestion.

Sage has shown anti-oxidant properties.

Sage may be helpful for lowering blood sugar levels.

It is used as well as flowering during cooking.

Salvia is used for treating Alzheimer disease.

Garden sage leaves may be applied to an aching tooth to relieve pain.

Salvia is also used for night sweats, anxiety, depression.

It is used to treat insect bites , and in aromatherapy.2

SIDE EFFECTS

There are no major side effects documented with garden sage use in normal dosages. It may be toxic in large dosages or when used a prolonged period. It shouldn't be used while

1 http://www.uni-graz.at/~katzer/engl/Salv_off.html 22.07.2009 ,19:10

2 http://www.herbal-supplement-resource.com/sage-salvia-officinalis.html 20.07.2009 , 15:32

pregnant or breast feeding. Salvia officinalis shouldn't be used by people with epilepsy. No drug interaction have been noted with sage use.1

USAGE

TRADITIONAL USE

Sage has one of the longest histories of use of any culinary or medicinal herb. It was used by herbalist externally to treat sprains, swelling, ulcers and bleeding. Internally, a tea made from sage leaves had had a long history of use the treat sore throats and coughs-often used as a gargle. It was also used by herbalists for rheumatism, excessive menstrual bleeding, and to dry up a mother's milk when nursing was stopped. It was particularly noted for strengthening the nervous system, improving memory and sharpening the senses.2

CURRENT USAGE

Sage is used extensively in the kitchen to add a unique flavour to salads, egg dishes, soups, meats and vegetables. It is used to flavour vinegars and tea. It is the most important culinary herbs in western cooking. Sage is used as an ingredient in soups, cosmetics and perfumes. Smeared on skin, sake is useful insect repellent. The leaves of sage is an aid to digestion. A herb tea is made from fresh or dried leaves. Its antiseptic qualities make it an effective gargle for the mouth where it can heal sore throats, ulcers etc. Garden sage is useful in treating the symptoms of menopause and considered by many herbalist as a good medicinal herb for treating eczema.3 4

PART USED

Leaves are the only part which is useable.5

KEY PREPARATION&WARNING

Common sage cultivates organically. Processed are the leaves. During harvesting, the content of volatile oil is at its highest between 12 pm and 4.00 pm. However this varies considerably according to the conditions of the area in which it is grown. The freshly cut leaves are cut shortly after harvesting and macerated in alcohol to produce a mother tincture.

1 http://www.herbal-supplement-resource.com/sage-salvia-officinalis.html 20.07.2009 ,15:32

2 http://www.hollandandbarrett.com/pages/healthnotes.asp?org=nbty&ContentID=2158004 18.07.2009 ,15:47

3 http://www.floridata.com/ref/S/salv_off.cfm 15.07.2009 ,17:45

4 http://www.pfaf.org/database/plants.php?Salvia+officinalis 08.07.2009 ,22:55

5 http://www.uni-graz.at/~katzer/engl/Salv_off.html 22.07.2009 ,19:10

Tablets are produced by concentrating the mother tincture in a vacuum and with the addition of excipients.1

WARNING

Concern has been expressed about the internal use of sage due to the presence of thujone. Even when consumed in small amounts for long periods of time, thujone may cause increase heart rate and mental confusion. Sage oil should never be consumed without being first diluted in water. Sage shouldn't be used internally during pregnancy. Sage should be avoided when fever is present.2

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http://www.floridata.com/ref/S/salv_off.cfm

1 http://www.avogel.ch/en/plant-encyclopaedia/salvia_officinalis.php#3 10.07.2009, 21:32

2 http://www.hollandandbarrett.com/pages/healthnotes.asp?org=nbty&ContentID=2158004, 18.07.2009 ,15:47

GINGER

Latin : Zingiber Officinale

English : Ginger

Turkish : Zencefil

Ginger has been cultivated for medicanal and culinary purposes since earliest times. It is an example of ginger family. Ginger was known in China as early as 400 B.C. The Greeks and the Romans thought it was of Arabian origin because it was sent from India through the Red Sea. It was listed as a taxable commodity by the Romans in AD 200. It was first mentioned in Chinese medical literatur during the later Han Dynasty. 1 Ginger is known in Ayuverdic medicine as universal medicine. It is registered that there was cultivation of ginger in India before 12. century. The trade of ginger gained importance when it was sent in large quantities from West India to Spain. Ginger is grown especially in India, Malaysia, Indonesia, Southeast Asia, Japan and in other tropical regions. 2 Ginger doesn't grow in Turkey because climate of our country is not appropiate for ginger.

Ginger, whose benefits have been known since the ancient ages in China and India, was brought and introduced to Europe by the traders. Ginger is an herbaceous perennial with upright stems and narrow medium green leaves arranged in two ranks on each stem. The plant gets about 120 cm tall with wide and 15- 20 cm long leaves. Ginger grows from an aromatic tuberlike rhizome (underground stem) which is warty and branched. 3 The inflorescence grows on a separate stem from the foliage stem, and forms a dense spike. The bracts are green with translucent margins and the small flowers are yellow green with purple lips and cream colored blotches. Ginger grows from thick fleshy underground stems called "rhizomes." It is easy to grow the plant from pieces of ginger root as long as they are fresh and firm.

Ginger root is widely used around the world as a spice or food additive. Ginger is fried and eaten plain, and used in curry pastes and other sauces in India; it is grilled and used to flavor fish and meats or for making ginger tea in Indonesia; it is boiled or fried in Chinese

1 Bown, Deni, The Royal Harticultural Society Encyclopedia of Herbs & Their Uses, London, 1996, P: 373

2 http://www.herbclinic.com/article.php?id=116 04.07.2009 00:13

3 http://www.himalayahealthcare.com/herbfinder/h zingib.htm 05.07.2009 21:34

cookery; used to baste chicken or eaten as pickled ginger (beni shoga) and served with sushi in Japan.1 A ginger extract with carbonated water makes the popular drink we call ginger ale. Ginger was used in the Middle Ages in Europe to flavor beer.

Ginger contains zingiberon, zingiberol, fellandron, borneol, volatile oil sineol sitrali with starch and sticky liquid. In fresh ginger it is found % 80 water , % 2-3 protein, % 1fat, % 12 starch, % 1-2 minerals (calcium, phosphorus and iron), some B vitamins (Thiamine, Riboflavin and Niancin) and vitamin C. 2 In dry ginger the rate of water is %10. The special components of ginger are divided into two groups : the first is the volatile oil, the second is the resin.

There are many good things about ginger. Some of these are:

1)In case of Indigestion, stomach and intestines and abdominal pain ginger increases digestive secretions

2)According to the results of the last research, during the trip ginger can get rid of the vomiting reflex in the stomach due to the sedative effects and provide relief.

3)Ginger increases to sweat in the case of vehemence :it heals quickly the cold due to these beneficial effects.

4) Ginger speeds up especially the blood circulation in the capillary in the case of an inadequate state of the blood circulation.

5) By the cold weather ginger heats body and increases the durability.

6) Ginger heals throat pain.

7) Plant is used for fibrozit (fiber tissue inflammation) and also in the treatment of muscle injury.

8) Ginger plant has been used to battle with cancer as supportive therapy. Many scientists in the world accept that ginger can be used while battling with dangerous diseases like cancer as supportive therapy.

1 Bown, Deni, The Royal Harticultural Society Encyclopedia of Herbs & Their Uses, London, 1996, P:373

2 http://www.healthdiaries.com/eatthis/10-health-benefits-of-ginger.html 10.07.2009 15:38

9) During the voyage all vehicles keep many of us and the trip, which can pass nice enough for us, will turn into a complete nightmare. We can prevent it through ginger. 1 gram ginger which is taken before the journey up to the mouth, prevents that. 1

10) Drugs, which are given to patients after surgery, shield them from the effects of anesthesia but drugs may alleviate side effects. However, ginger are more effective to be suppressed sickness than these drugs .

11) 1 gr. ginger received daily in pregnancy improves the pregnancy effects on the stomach.

12) Ginger is used for chills. A little honey into a cup of tea then the mixture can be mixed into the two slices of fresh ginger and a small amount of coal after it is expected that this mix will be overcome chills in a short time after it is drunk.

13) Ginger used in foods and in desserts is beneficial for rheumatic diseases.

14) The ginger oil can be effective as steam therapy in cases of colds, nausea, fatigue.

15) Ginger reduces the source of discomfort because of smoking. Ginger resolves coughing, throat disorders such as dryness arising from smoking resolves. Ginger has also expectorant properties.

16) Dry powder by grinding the root is used in the construction of bread, dessert, pasta, wine and some liquor. Moreover, ginger powder is consumed as spices.

17) After birth and mother's breast-feeding period ginger has a reinforcing effect to increase breast milk and the immune system.

18) Ginger regulates the digestive system, accelerates and gives energy.

19) When ginger is used instead of cinnamon on salepin in winter, it takes fatigue and improves nervous system.

20) Ginger is a very useful spice especially for poor and neural effects on the stomach. Ginger has the feature; which people suffering from the gastric ulcer can use.

21) Ginger tea will calm down the veins throb in your head. Also, it slows down the production of pain-sensor, chemical and facilitates movement.

1 http://www.floridata.com/ref/Z/zing off.cfm 10.07.2009 23:06

22) One of gingers' constituents, gingerol, is known to help blood circulation because it has an anticlotting or antiplatelet action due to its' inhibition of thromboxane formation. It may, therefore, have an important role to play in the prevention of heart attacks and strokes.

23) Ginger has a number of useful applications for elderly people. For example, it helps to prevent blood clot formation and has an important role in the prevention of heart attacks and strokes in people known to be susceptible. Gingers' stimulating effect upon the circulatory system is ideal for helping to keep the elderly warm and its powerful anti-inflammatory action is of great benefit to many people who suffer from rheumatoid arthritis or osteoarthritis.

In London a clinical study in St. Bartholomew hospital has shown that ginger prevents patients from waking up from anesthesia nausea and vomiting symptoms much more than antimetic drugs." 1 In Japan the Tukushime-Bunri University Faculty of Pharmacy said that ginger strengthens the muscles of the heart.2 Researchers at the University of Baroda in India, there were the results, which ginger reduces blood cholesterol in the liver. A series in the U.S. at the University of Michigan research, ginger can be used in cancer treatment in the near future. Research in the ginger powder dissolved in water can be applied to cancer cells. The cancer cells are killed and ginger chemotherapy against cancer cells to prevent resistance seen. U.S. experts, the ginger used in the treatment of ovarian cancer can be introduced.3

There are different ways to use ginger. These include:

Fresh ginger : Ginger is used in cooking as fresh grated. Diluted with lime water is mixed with grated ginger root to relieve digestive and to help to decrease the gas. However, fresh ginger is not easy to find. It is usually found in powdered form and ginger root.

Ginger tea: Ginger tea is used especially in cases such as colds and diaphoretic effects due to reduced fire. 1 or 2 cups of tea a day is the recommended amount.

Ginger powder: Dry ginger root is also used after the powder. It can be used to thrive fort he meals.

Ginger oil: Oil is used for chronic, local pain and for massage. It can be taken to reduce inflammation in the extract.

1 http://www.herbmed.org/Herbs/Herb138.htm=Category14Herb138 07.07.2009 23:16

2 http://www.himalayahealthcare.com/herbfinder/h zingib.htm 05.07.2009 21:34

3 http://www.himalayahealthcare.com/herbfinder/h zingib.htm 05.07.2009 21:34

Ginger tablets: At the same time taken on a daily basis as a reinforcement is the use of ginger. Dosage for the use of ginger in the form of pills is100 or 200 mg three times a day. Ginger capsules should be taken with a full glass of water or liquid. Fresh powder is turned into ½ to ¾ teaspoon of ginger three times a day should be taken as. 1

Fresh ginger root is not more than three times a day with a win in four hours and must be peeled. Pre-packaged ginger tea can be taken several times a day. Crystallize ginger can be taken twice a day. 2

There are a few instances which should be avoided to use ginger. For example, it should not be taken by people with 'heated' liver conditions, such as hepatitis, where further heat would not be wise.3 There is no any known side effects. Ginger is also a plant, although miraculous children under age 2 should not be used strictly. Although as adults, do not take ginger if you log more than 4 grams. This is normal dose of daily doses over 4 grams of common breast complaints may be next.

The doses of taking ginger into body change according to the complaints. The doses are followed in this way:

In nausea and gas complaints ginger should be taken between 2-4 grams. If it is taken in powdered form , 0.25-1 g powder is mixed with 1.5-3 ml (this means 30-90 drops).

In diseases such as chills, headache and flu ,2-3 slice fresh ginger or powdered ginger is thrown into tea and honey mixture and is taken into body in this way. This session is repeated 2-3 times per day. 4

3) Ginger can be taken in the mensruation 1 g powdered ginger. This 1 g powdered ginger is mixed with 20-30 drops water and made an extrakt. It should be consumed daily 3-4 times. If you want, you can mix with honey or dessert. 5

1 http://www.himalayahealthcare.com/herbfinder/h zingib.htm 05.07.2009 21:34

2 http://www.msxlabs.org/forum/botanik/220690-zencefil-zingiber-officinale.html 04.07.2009 23:55

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4 http://www.msxlabs.org/forum/botanik/220690-zencefil-zingiber-officinale.html 04.07.2009 23:55

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